

express

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Tuesday



The Exxon case is heading to the Supreme Court.

Spill Damage: Town waits for ruling on Exxon Valdez | **5**

Gang Charges: Md. indicts 28 alleged Bloods members | **11**

Top Billing: Tennessee men are No. 1 for the 1st time | **14**

ENTERTAINMENT

Royal Mess:

Eric Bana creates a rift between sisters as Henry VIII. Plus, new Ray Davies.

>> **18-22**



N.Y. Philharmonic Hits High Note in N. Korea



OPENING ACT: Music director Lorin Maazel is surrounded by media as he and the New York Philharmonic arrive in Pyongyang on Monday for a two-day visit to North Korea. The orchestra is first major U.S. cultural group to visit the country. ♦ **Musical diplomacy:** Orchestra to play concert, teach classes | **Page 7**

Poll: Americans' Faith in Flux

Survey finds nearly half of the U.S. has changed religion

The U.S. religious marketplace is extremely volatile, with nearly half of American adults leaving the faith tradition of their upbringing to either switch allegiances or abandon religious affiliation altogether, a new survey finds.

The study released Monday by the Pew Forum on Religion and Public Life is unusual for its sheer scope, relying on interviews with more than 35,000 adults to document a diverse and dynamic U.S. religious population.

While much of the study confirms earlier findings — mainline Protestant churches are in decline, non-denominational churches are gaining and the ranks of the unaffiliated are growing — it also provides a deeper look behind those trends, and of smaller religious groups.

The U.S. Religious Landscape Survey estimates the United States is 78 percent

Christian and about to lose its status as a majority Protestant nation, at 51 percent and slipping.

More than one-quarter of American adults have left the faith of their childhood for another religion or no religion at all, the survey found.

Factoring in moves from one stream or denomination of Protestantism to another, the number rises to 44 percent.

ERIC GORSKI (AP)

♦ **Catholic concern:** Weeks ahead of his U.S. visit, Pope Benedict XVI must re-energize base | **Today's Post, A1**

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Q DOES RELIGION PLAY AN IMPORTANT ROLE IN THE WAY YOU LEAD YOUR LIFE? **A** YES **B** NO

TO VOTE, VISIT [READEXPRESS.COM](http://WWW.READEXPRESS.COM) OR TEXT **A** OR **B** TO WPOST (97678) | RESULTS, PAGE 36



TUESDAY
52° 34°



WEDNESDAY
40° 26°



THURSDAY
42° 28°

TODAY: Cloudy and rain with a chance of an afternoon thunderstorm | **34**

eyeOpeners

SUSPICIOUS

Lack of Rock Tumbler Purchases Tips IRS

Police in the Chicago suburb of Carpentersville, Ill., say the IRS has told a 7-year-old boy he owes back taxes on \$60,000 because someone else has been using the youngster's identity to collect wages and unemployment benefits. Officers said the second-grader's identity has been in use by someone else since 2001. Detectives have filed a felony identity theft charge against Cirilo Centeno, 29. They accuse him of using the boy's information to collect more than \$60,000 in pay and services; he also used the boy's ID to buy a truck, pay bills and collect unemployment benefits. (AP)



FOOTWEAR

Canine Equivalent Of Crocs Even Uglier

Police dogs in the western city of Dusseldorf, Germany, will no longer get their feet dirty when on patrol — the entire dog unit will soon be equipped with blue plastic fiber shoes, a police spokesman said Monday. "All 20 of our police dogs — German and Belgian shepherds — are currently being trained to walk in these shoes," Andre Hartwich said. "I'm not sure they like it, but they'll have to get used to it." The unusual footwear is not a fashion statement, Hartwich said, but rather a necessity due to the high rate of paw injuries on duty. Especially in the city's historical old town — famous for its pubs — the dogs often step into broken beer bottles. (AP)



VYACHESLAV OSELEDOK/AFP/GETTY IMAGES

STUPID THIEVES

'Cover Your Tracks' More Than an Idiom

The determination of an angry snowmobile owner have led police to a sus-

pected chop shop for stolen snowmobiles. Police say the Bangor Township, Mich., man discovered Saturday that his snowmobile was missing. He called police and set out on a borrowed snowmobile, following tracks in the snow for

OUT OF SEASON

Ho Ho Who?

Six Santas showed up from Russia, Iran, Kyrgyzstan, Kazakhstan and Denmark to participate in the first-ever "International Santa Claus Festival" in Karakol, Kyrgyzstan. The event was created to draw tourism and boost the area's economy. They also renamed a mountain this year and plan to hold competitions testing the chimney-climbing, sledge-racing and tree-decorating skills of Santas. The festival concluded with a request for world peace. (AP)

about 10 miles. The tracks that they had followed led right up to a garage door, police said. Inside the garage, police found the man's snowmobile, already disassembled, plus three others and many snowmobile parts. (AP)



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"Our government told them that their participation was necessary. ... And now they're getting sued for billions of dollars. And it's not fair."

—President Bush, urging legal immunity for telecom companies that aided government surveillance

Nation

THE TRAIL

DAILY DIARY | WASHINGTONPOST.COM



Clinton Talks Foreign Policy at GW

Senator says Obama is too inexperienced to protect the country

WASHINGTON | Hillary Rodham Clinton characterized rival Barack Obama on Monday as rash and inconsistent on foreign policy issues.

Shifting to foreign policy after two days of hammering the Illinois senator over their differences on health care, Clinton paired two of Obama's campaign statements to support her conclusion.

"He wavers from seeming to believe that mediation and meetings without preconditions can solve some of the world's most intractable problems to advocating rash, unilateral military action without the cooperation of our allies in the most sensitive part of the world," Clinton said in a speech at The George Washington University.

The former first lady has sharply

IRAQ

War Over the Presidency

Sen. John McCain said bluntly on Monday that he will lose the presidential election in November if the Iraq war goes badly, then quickly tried to walk his own comment back.

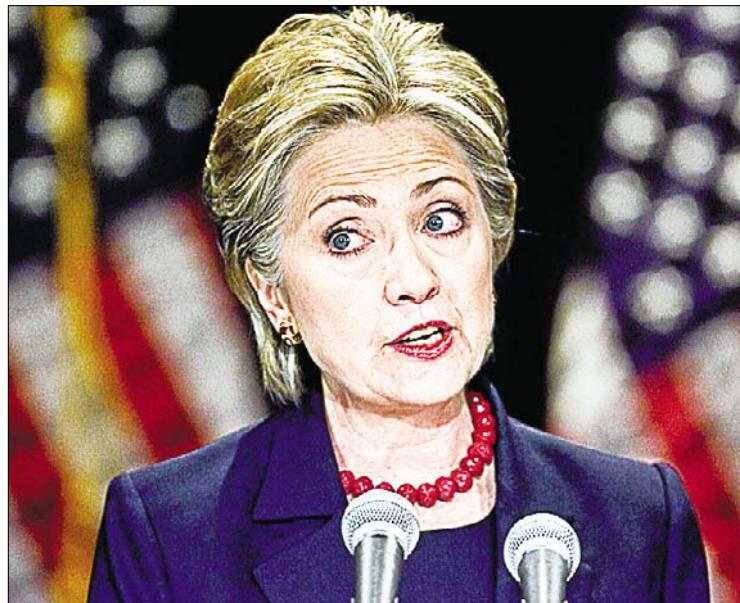
Asked what will happen if he can't convince the American public that the war in Iraq is succeeding, he said "Then I lose." It took just six seconds for McCain to realize that he might not want to say that quite so directly to reporters for national news organizations.

"Lemme not put it that stark," he said, prompting laughter from the reporters. "Lemme just put it this way: Americans will judge my candidacy on how, first and foremost, on how they believe I can lead the country both from our economy and for national security."

That was clearly more "on message" and seemed to please chief aide Mark Salter, who was perched on the side of a couch, listening. MICHAEL D. SHEAR

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For extended analysis and up-to-the-minute reports from the campaign trail, visit blog.washingtonpost.com/the-trail



Hillary Rodham Clinton delivers a foreign policy speech in Washington. Clinton said Barack Obama would need "a foreign policy instruction manual" if elected.

criticized her rival for the Democratic presidential nomination for saying during a televised debate last summer that he would be willing

as president to meet with the leaders of Cuba, Iran and other hostile nations without preconditions.

"We simply cannot legitimize

rogue regimes or weaken American prestige by impulsively agreeing to presidential talks that have no preconditions," Clinton said.

Obama has also said he would be willing to send U.S. troops into Pakistan if there were "actionable intelligence" that the country is harboring terrorists.

Hoping to slow Obama's surging candidacy before primaries in Texas and Ohio next week, Clinton painted a picture of a dangerous world in need of seasoned and wise U.S. leadership. She portrayed Obama as a national security novice and suggested he would need a "foreign policy instruction manual" to keep the country safe.

Top Obama adviser Susan Rice said the New York senator had shown poor judgment on a range of issues, including voting to authorize the invasion of Iraq and supporting legislation declaring the Iranian National Guard as a terrorist organization. BETH FOYH (AP)

HEARSAY | AIR DEATH

"Our crew acted very admirably. They did what they were trained to do, and the equipment was working."

CHARLEY WILSON, AMERICAN AIRLINES SPOKESMAN, ON THE IN-FLIGHT DEATH OF CARINE DESIR. DESIR'S FAMILY SAYS THE CREW IGNORED HER PLEAS FOR HELP.

Pentagon: Missile Hit Satellite's Tank

WASHINGTON | The Pentagon said Monday it has a "high degree of confidence" that the missile fired at a dead U.S. spy satellite in space destroyed the satellite's fuel tank as planned.

In its most definitive statement yet on the outcome of last Wednesday's shootdown over the Pacific, the Pentagon said that based on debris

analysis it is clear the Navy missile destroyed the fuel tank, "reducing, if not eliminating, the risk to people on Earth from the hazardous chemical."

The tank had 1,000 pounds of hydrazine, a toxic substance that U.S. government officials believed posed a potential health hazard to humans if the satellite had descended

to Earth on its own.

The presence of the hydrazine was cited by U.S. officials as the main reason to shoot down the satellite — described as the size of a school bus — which would otherwise have fallen out of orbit on its own in early March. The satellite lost power shortly after reaching orbit in December 2006. (AP)

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Nation

144

The number of Supreme Court cases that have passed since Justice Clarence Thomas spoke up during an oral argument. Thomas last asked a question on Feb 22, 2006.



GARY HE/AP
Protesters outside Queens Criminal Court in New York mark the 50 shots fired on the night Sean Bell was killed outside a club.

N.Y.C. Officers Put on Trial

NYPD trio killed an unarmed man on the day of his wedding

NEW YORK | The death of an unarmed man caught in a barrage of 50 police bullets on his wedding day can't be explained "as a mere accident or mistake," a prosecutor said Monday at the opening of the trial of three police officers.

The hail of gunshots outside a strip club killed Sean Bell, who had been at a bachelor party on the night before his wedding, and wounded two of his friends. The shooting has

sparked protests and debate over police conduct in New York City.

The lawyer for one of the defendants told the judge in his opening statement that he would introduce evidence showing that Bell was drunk and "out of control."

Assistant District Attorney Charles Testagrossa said one of the three undercover officers failed to display his badge in a clearly visible manner and wait for backup before confronting the three men.

Testagrossa was referring to Detective Gescard Isnora, who fired 11 of the shots during the Nov. 25, 2006, incident.

Isnora and Detective Michael Oliver have pleaded not guilty to manslaughter, and Detective Marc Cooper has pleaded not guilty to reckless endangerment.

Testagrossa said that once the evidence is heard, "It will be clear that what happened cannot be explained away as a mere accident or mistake."

The prosecutor said Oliver would have found there was no threat if he had "paused to reassess" while firing, but defense lawyer James Cullen estimated it took as little as nine seconds for Oliver to fire the 31 rounds from his pistol. TOM HAYS (AP)

Classes Resume at Northern Illinois

DEKALB, ILL. | Northern Illinois University students returned to campus Monday ready to get on with their semesters, even as the deadly shooting rampage of 10 days ago weighed heavily on their minds.

"It's going to be a 'lean on you' type of day, 'I'm here for you' day," said Jonathan Brock.

Students wearing red lapel pins in honor of their school colors returned to class Monday for the first times since the Feb. 14 shoot-



PALIBEATY/AP
Mourners gather Sunday at a memorial for the victims of the campus attack.

ings, in which former NIU graduate student Steve Kazmierczak opened fire on students — killing five and wounding 16 — before committing suicide.

Brock looked for a spot to write his thoughts on one of at least 10 large message boards set up on the campus. But even as he gazed on the memorials, Brock said he was ready to try to get back to a normal routine. "You've got to move on," he said. (AP)

140

The total number of troops, in thousands, the Pentagon expects will still be in Iraq when the U.S. troop buildup ordered by President Bush ends in July.

Nation

Town Awaits Exxon Ruling

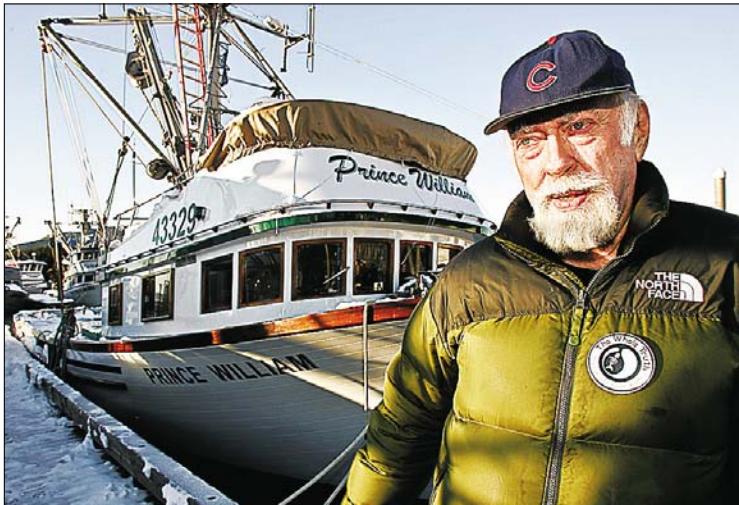
Supreme Court may decide oil spill case after years of appeals

CORDOVA, ALASKA | For many in this coastal town, the 1989 Exxon Valdez disaster was an event so crushing that hard-bitten fishermen still get teary-eyed recalling ruined livelihoods, broken marriages and suicides.

But mostly, people in Cordova talk about the discouraging wait for legal retribution for the worst oil spill in U.S. history.

It's been almost 19 years since the tanker Exxon Valdez ran aground at Alaska's Bligh Reef, spilling 11 million gallons of crude into the rich fishing waters of Prince William Sound. In 1994, an Anchorage jury awarded victims \$5 billion in punitive damages. That amount has since been cut in half by other courts on appeals by Exxon Mobil.

Now the town of 2,200 looks anxiously to the U.S. Supreme Court, which will hear arguments Wednesday from Exxon on why the company should not have to



Steve Smith, a 69-year-old fisherman from Cordova, Alaska, stands by his fishing boat while explaining how the massive 1989 Exxon Valdez oil spill affected him.

pay punitive damages at all.

Steve Smith, a 69-year-old Cordova fisherman, worries that big business will prevail.

"I really wonder, what do you do if you don't get a just decision out of the Supreme Court," he said on his boat Prince William. "I mean, there's no other court to take it to."

The spill soiled 1,200 miles of

shoreline and killed hundreds of thousands of birds and other marine animals, inflicting environmental injuries that have not fully recovered, according to numerous scientific studies. Exxon contends it should not be liable for the actions of the Exxon Valdez skipper, Joseph Hazelwood, when the supertanker ran aground on March 24, 1989.

RACHEL D'ORO (AP)

Georgia School Plans To Separate the Sexes

District may become the first in the nation to split up classrooms

GREENSBORO, GA. | Nearly four decades after this rural Georgia county stopped segregating its schools by race, it wants to divide students again — this time by sex.

Greene County is set to become the first school district in the nation to go entirely single-sex, with boys and girls in separate classrooms — a move born of desperation over years of poor test scores, soaring dropout rates and high numbers of teenage pregnancies.

"At the rate we're moving, we're never going to catch up," Superintendent Shawn McCollough told parents in a speech last week. "If



Greene County School Superintendent Shawn McCollough is under fire.

"we're going to take some steps, let's take some big steps."

The school board's move to overhaul the system next fall has angered parents, students and teachers. The measure, approved two weeks ago, applies to the high school, the middle school and both elementary schools. (AP)

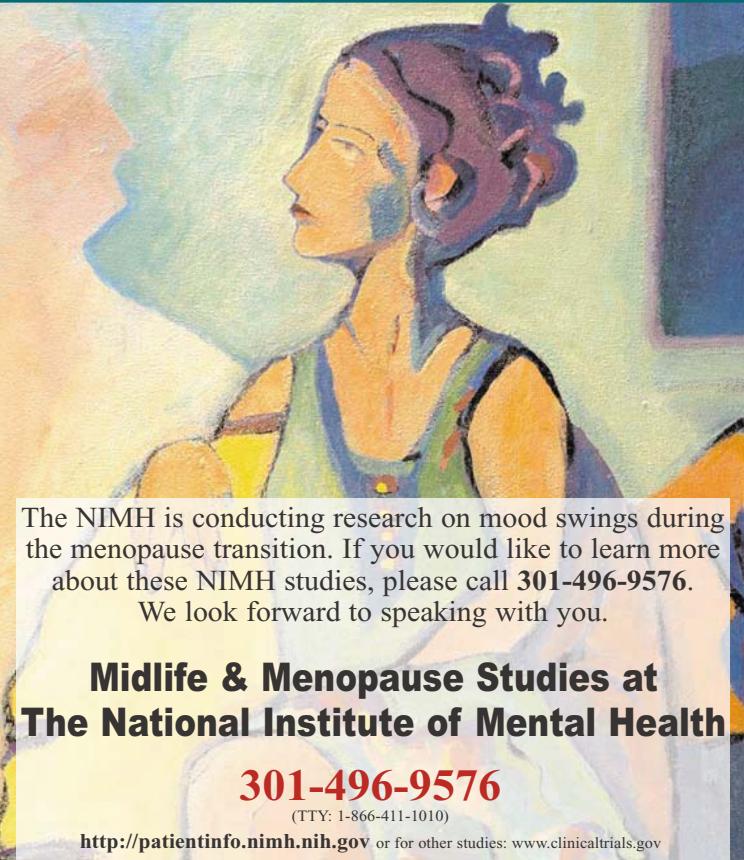
Austrian Tourist Dies After Being Bitten by a Shark

WEST PALM BEACH, FLA. | An Austrian tourist died Monday after being bitten by a shark while diving near the Bahamas in waters that had been baited with bloody fish parts to attract the predators.

Markus Groh, 49, a Vienna lawyer and diving enthusiast, was on a commercial dive trip Sunday when he was bitten about 50 miles off the coast of Fort Lauderdale, said Karlick Arthur, Austrian counsel general in Miami.

The crew aboard the Shear Water, of Riviera Beach-based Scuba Adventures, immediately called the U.S. Coast Guard, said Petty Officer 3rd Class Nick Ameen. Groh was bitten on the leg, Ameen said, but he could not be more specific about the extent of his injuries. (AP)

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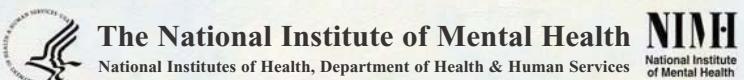
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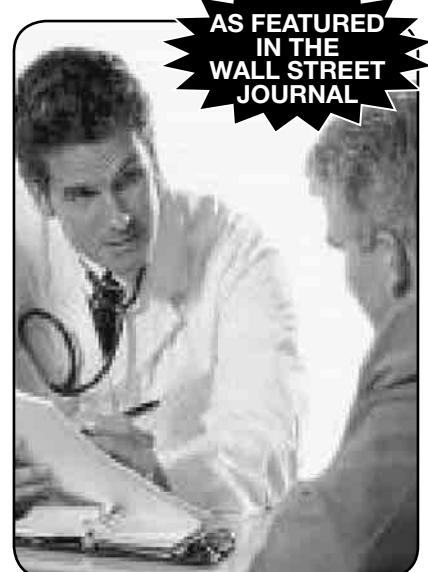
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World



CANDID ON CAMERA: Web surfers have been gawking at a video of French President Nicolas Sarkozy calling a man at a Paris trade fair Saturday a "total jerk." Le Parisien newspaper tallied more than a half-million views of the video on its Web site by Sunday afternoon.

In Brief



Protesters shout during a demonstration in Manila, Philippines, on Monday.

MANILA, PHILIPPINES Thousands Participate in Anti-Arroyo Demonstrations

Thousands of Filipinos took to the streets and flocked to churches Monday in a fresh wave of nationwide protests on the anniversary of a 1986 grass-roots revolt, calling for President Gloria Macapagal Arroyo to resign. Left-wing protesters, Roman Catholic church-backed groups, students, teachers and others took part in anti-Arroyo rallies in 15 cities. (AP)

CUKURCA, TURKEY Turkey Reports 41 Kurdish Deaths in Northern Iraq

Turkey's military said Monday it had killed 41 more separatist Kurdish rebels in clashes in northern Iraq, raising the reported guerrilla death toll in a cross-border operation to 153. A statement posted on the military's Web site also said two more soldiers were killed in fighting, but gave no details. The deaths would drive the total Turkish military fatalities since the start of the incursion Thursday to 17. (AP)

NAIROBI, KENYA Opposition Calls for Protests As Power-Sharing Plan Fails

Kenya's opposition accused the government Monday of backing away from plans to share power after a deeply flawed presidential election and called for nationwide protests, raising fears of new violence. After four hours of talks Monday, the negotiators "made almost no progress toward reaching an agreement," mediator Kofi Annan said in a statement. (AP)

Attack Kills Pakistani Army Officer

Suicide bomber targets car carrying surgeon general; 7 others die

ISLAMABAD, PAKISTAN | A suicide bomber killed the Pakistan army's surgeon general Monday in the highest-level assassination since President Pervez Musharraf joined the U.S. war against terror.

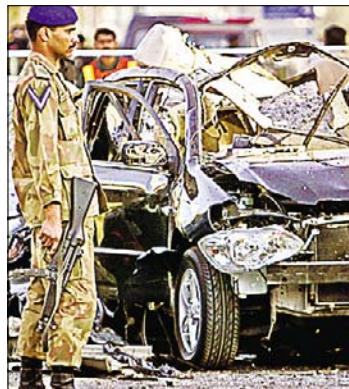
The strike was a reminder of the extremist threat just as Musharraf resists pressure to quit from opponents who swept last week's parlia-

mentary election.

A presidential spokesman on Monday dismissed suggestions from three U.S. senators that the embattled Pakistani leader might beat a "graceful" retreat from power.

Musharraf was elected to a new five-year presidential term last year by Pakistani lawmakers, "not by any senator from the United States," spokesman Rashid Qureshi told Dawn News television. "So I don't think he needs to respond to anything that is said by these people."

The lone suicide bomber target-



A soldier stands next to the site of a suicide blast in Rawalpindi, Pakistan.

ed Lt. Gen. Mushtaq Baig's black Toyota sedan when it stopped for a red signal on a busy road in Rawalpindi, a city just south of the capital, officials and witnesses said.

Baig, the army's top medical officer, died along with his driver and guard, the army said. Five civilians were also killed, it said.

Army spokesman Maj. Gen. Athar Abbas said Baig was the most senior army officer killed in an attack since Pakistan sided with the U.S. after the Sept. 11, 2001 terrorist attacks. STEPHEN GRAHAM (AP)

LONGYEARBYEN, NORWAY | 'DOOMSDAY' VAULT SET TO OPEN



JOHN MCCONNELL/CORBIS

ARCTIC SHELTER: A man stands inside Norway's Svalbard Global Seed Vault on Monday. Located inside a mountain about 620 miles from the North Pole, the vault was built to protect up to 4.5 million seed samples from disasters like earthquakes, climate change and even direct nuclear attacks. The vault will officially be inaugurated on Tuesday.

South Africa Revives Elephant Culls

Plan to reduce wild animals' population follows lengthy debate

PRETORIA, SOUTH AFRICA | South Africa said Monday that it will start killing elephants to reduce their burgeoning numbers, ending a 13-year ban and possibly setting a precedent for other African nations.

FORMERLY ENDANGERED CREATURES THRIVE

Decades of hunting in the 1800s brought Africa's elephants near to extinction. South Africa had just 200 elephants at the beginning of the 20th century. Now, South Africa has about 18,000 elephants.

Environment Minister Marthinus van Schalkwyk said the government was left with no choice but to reintroduce killing elephants "as a last option and under very strict conditions" to reduce environmental degradation and rising conflicts with humans.

There will be no "wholesale slaughter," he told reporters.

The announcement follows months of impassioned debate,

with some conservationists arguing for elephant killings to protect the ecosystem, and animal welfare groups outraged at the prospect of slaughtering the creatures.

South Africa has been hugely successful in protecting its elephant population. But it has become a victim of its own success.

The number of elephants, which have no natural predators other than humans, is growing at a rate of more than 5 percent a year and is expected to double by 2020.

CELESTE JACOBSON (AP)

5,500

The age of the ruins of a circular plaza that was recently discovered in Peru, according to the Lima paper El Comercio. It was built around 3500 B.C.

World



North Korean women wave to members of the New York Philharmonic after a dance performance in Pyongyang on Monday.

U.S. Orchestra in N. Korea

Performers welcome N.Y. Philharmonic before historic concert

PYONGYANG, NORTH KOREA | Swirling dancers and musicians beating traditional drums welcomed the New York Philharmonic to North Korea Monday for a historic cultural exchange between countries that have been technically at war for more than a half-century.

In a burst of musical diplomacy notably devoid of propaganda glorifying leader Kim Jong Il or attacks on U.S. policy, North Korean

dancers entertained the celebrated American orchestra — which gave them a standing ovation.

The Philharmonic is the first major American cultural group to visit the isolated communist nation and the largest-ever delegation from the U.S. to visit its longtime foe.

As part of its 48-hour trip, the 106-member orchestra was to play a concert Tuesday that will be broadcast on state-run radio and TV, where the U.S. is the target of daily condemnation.

The national anthems of both countries will be played, followed by a program featuring Antonin

Dvorak's Symphony No. 9 in E Minor and George Gershwin's "An American in Paris."

Orchestra musicians will also give master classes to North Korean students and play chamber music with members of the North's State Symphony Orchestra.

Philharmonic music director Lorin Maazel said despite the trip's political overtones, it was the right decision to go.

"It would have been a great mistake not to accept their invitation," he said after arriving at the Pyongyang airport aboard a chartered 747 jet from Beijing. BURT HERMAN (AP)

New S. Korean President Sworn In

First conservative leader in a decade vows economic boost

SEOUL, SOUTH KOREA | New South Korean President Lee Myung-bak took office Monday with a promise to boost prosperity not only in his own country but in North Korea as well provided the communist state abandons its nuclear weapons.

"Economic revival is our most

urgent task," Lee, 66, said in his inaugural speech after taking the oath of office as South Korea's first conservative president in a decade.

South Koreans gave the former construction executive — nicknamed "The Bulldozer" — a landslide victory in December's election

on his pledge to revive the economy and take a less conciliatory approach to North Korea.

"We must move from the age of ideology into the age of pragmatism," Lee told some 60,000 people who gathered for his inauguration.

U.S. Secretary of State Condoleezza Rice and Japanese Prime Minister Yasuo Fukuda were among the dignitaries at the ceremony.

JAE-SOON CHANG (AP)



Lee

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World



Palestinian students form a human chain during a protest on Monday.

Gazans Protest Blockade

Fewer than expected demonstrators take part in rally vs. Israel

NATIV HAASARA, ISRAEL | Far fewer Palestinians than expected turned out on a rainy Monday to demonstrate against Israel's blockade of the Gaza Strip, dissipating fears of a possible border breakout that had put Israeli soldiers and police on alert.

There were concerns that Gazans, angered by a half-year of Israeli restrictions, might try to storm the border and flood into Israel in a reprise of Hamas knocking down the Gaza-Egypt border wall last month. But Hamas police stopped the only attempt to march on an Israeli crossing.

Outside the northern Gaza town of Beit Hanoun, about 5,000 people formed a human chain during intermittent rain. People held banners in English and Arabic saying, "End the siege of Gaza now" and "Your siege will not break our will."

Turnout clearly fell short of the tens of thousands that organizers hoped to mobilize in a human chain running the length of the territory's 25-mile border.

Organizers of the protest said they wanted to draw attention to the blockade, which Israel imposed in June. AMY TEIBEL (AP)

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19

The total amount, in billions of dollars, that may be raised in the initial public offering of Visa stock. The credit card company is following rival MasterCard and becoming a publicly traded company. It may be the largest IPO in U.S. history.

Money

Pakistan Accidentally Takes Down YouTube

Government's ban on site blocked access in most other countries

70
The total number of Internet service providers Pakistan ordered to block access to YouTube on Sunday.

Most of the world's Internet users lost access to YouTube for several hours Sunday after an attempt by Pakistan's government to block access domestically affected other countries.

On Friday, the Pakistan Telecommunication Authority ordered 70 Internet service providers to block access to YouTube.com, because of anti-Islamic movies on the site, which is owned by Google.

The authority did not specify what the offensive material was, but a PTA official said the ban concerned a trailer for an upcom-

ing film by Dutch lawmaker Geert Wilders, who has said he plans to release a movie portraying Islam as fascist.

The block was intended to cover only Pakistan, but extended to about two-thirds of the global Internet population, starting at 1:47 p.m. EST Sunday, according to Renesys Corp., which keeps track of the pathways of the Internet for telecommunications companies.

The greatest effect was seen in Asia, where the outage lasted for up to two hours, Renesys said.

PETER SVENSSON (AP)

Market Action

New York Stock Exchange

| Gainers | | | |
|------------|-------|--------------|----------------------|
| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
| Gettymg | 31.67 | +7.22 | +29.5 |
| MBIA | 14.58 | +2.40 | +19.7 |
| AmbacF | 12.41 | +1.70 | +15.9 |
| Valassis | 12.65 | +1.59 | +14.4 |
| RussBerrie | 14.59 | +1.78 | +13.9 |

Losers

| Losers | | | |
|---------|-------|--------------|----------------------|
| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
| Cott Cp | 4.05 | -.91 | -18.3 |
| Omnova | 3.82 | -.35 | -8.4 |
| Ducomun | 24.72 | -2.22 | -8.2 |
| ITT Ed | 54.02 | -4.45 | -7.6 |
| Crwfda | 3.69 | -.28 | -7.1 |

Rates

| | CURRENT | PREVIOUS WEEK |
|-----------------|---------|---------------|
| Prime Rate | 6.00 | 6.00 |
| Fed Funds close | 3.00 | 3.00 |
| 3-month disc | 2.16 | 2.16 |
| 2-year | 2.09 | 1.89 |
| 10-year | 3.90 | 3.77 |
| 30-year | 4.66 | 4.59 |

NASDAQ Stock Market

| Gainers | | | |
|-----------|-------|--------------|----------------------|
| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
| TakeTwo | 26.89 | +9.53 | +54.9 |
| Tri-S Sec | 2.50 | +.85 | +51.5 |
| Gtx Inc | 17.59 | +4.70 | +36.5 |
| Nastech | 2.74 | +.72 | +35.6 |
| Iomai | 1.11 | -.01 | -1.3 |

| Losers | | | |
|------------|--------|--------------|----------------------|
| STOCK | LAST | DAILY CHANGE | DAILY PERCENT CHANGE |
| ShinerIntn | 3.54 | -.49 | -49.7 |
| Atrion | 108.00 | -21.62 | -16.7 |
| SmithMicro | 5.62 | -.82 | -12.7 |
| Verenium | 3.08 | -.44 | -12.5 |
| Reeds n | 4.21 | -.58 | -12.1 |

Currency (Dollars in foreign currency)

| | TODAY | PREVIOUS DAY | YEAR AGO |
|------------------|---------|--------------|----------|
| British Pound | .5085 | .5079 | .5092 |
| Canadian Dollar | .9972 | 1.0154 | 1.1592 |
| European Euro | .6745 | .6745 | .7597 |
| Japanese Yen | 108.07 | 106.93 | 121.04 |
| Mexican Peso | 10.7786 | 10.7776 | 11.0475 |
| Taiwanese Dollar | 31.30 | 31.38 | 33.03 |

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+1.38

Biotech Stocks

| STOCK | LAST | DAILY CHANGE | YEAR TO DATE PERCENT CHANGE |
|------------|-------|--------------|-----------------------------|
| Amgen | 46.75 | +.32 | +.7 |
| Amylin | 27.94 | +.96 | -24.5 |
| BiogenIdec | 61.30 | +.96 | +7.7 |
| BioMarin | 38.10 | +1.39 | +7.6 |
| Celgene | 56.49 | +2.23 | +22.2 |
| ChRvLab | 58.70 | +1.03 | -10.8 |
| GenProbe | 51.10 | +.47 | -18.8 |
| Genentech | 77.96 | +6.36 | +16.2 |
| Genzyme | 72.51 | +2.13 | -2.6 |
| GileadScis | 43.62 | +.70 | -5.2 |
| Illumina | 75.57 | +3.55 | +27.5 |
| Imclone | 44.40 | +2.38 | +3.3 |
| Invitrogen | 85.49 | +.82 | -8.5 |
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| QIAGEN | 21.53 | +.51 | +2.3 |

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TAKE ME OUT: The Washington Nationals have announced which local eateries will offer food at Nationals Park during the upcoming season. Among them are Ben's Chili Bowl, Gifford's Ice Cream, Red Hot and Blue, Noah's Pretzels and Mayorga Coffee.

Local

In Brief

WASHINGTON DCPS Begin Talks With Outside Education Firms

D.C. school system officials are talking with outside education management companies to run some or all of the schools that have failed to meet academic targets under the No Child Left Behind Act.

Schools Chancellor Michelle Rhee and Mayor Adrian Fenty say some or all of the 27 affected schools could be turned over to outside management. Federal law requires changes for schools that have failed to meet academic targets for five consecutive years. Rhee says she is in discussions with several nonprofit firms to begin work in the fall. (AP)

PALMER PARK, MD. Pr. George's Police Pledge Crackdown on Street Racing

Prince George's County authorities say they plan to step up enforcement at known street-racing sites and hope to use traffic cameras to catch races as they occur. Police say there are about 10 locations in the county that could warrant the extra attention, including sections of Route 301, Central Avenue and Indian Head Highway, where eight people were killed this month while watching an illegal street race. (AP)

RICHMOND, VA. Va. House Panel Stops Senate-Passed Gas Tax Bill

A House committee put a quick end Monday to a Senate-passed bill that would have boosted gasoline taxes by a nickel per gallon over five years. The House Finance Committee voted 14-6 to table Senate Democratic Leader Richard Saslaw's bill intended to generate cash to maintain the state's highway system. Saslaw, under no illusion his bill would pass the Republican House panel, warned that the soaring costs of road repairs will consume all road-construction money in seven years. By law, road maintenance takes priority over new construction. (AP)



Rhee

28 From Alleged Md. Gang Indicted

Suspected members of Bloods face conspiracy racketeering charges

BALTIMORE | The gang called itself the TPP Bloods, the TPP standing for Tree Top Pirus — a reference to a group of streets in Compton, Calif., named after trees. But the organization, federal prosecutors said, originated in Maryland, not California, and in less than 10 years it became one of the most violent in the state.

A sweeping indictment against 28 alleged TPP Bloods members — 23 men and five women — was unsealed Monday in federal court in Baltimore. Prosecutors charged 26 of them with racketeering conspiracy under a law designed to go after organized crime. They're accused of committing five murders in the past 2½ years, along with crimes including robberies, kidnappings, drug trafficking and threatening and intimidating witnesses.

"This is an organization that is alleged to have had a hierarchy,

a structure, leadership, goals and rules that govern the conduct of the gang members," U.S. Attorney Rod J. Rosenstein said, adding that the racketeering charges allow prosecutors to hold gang members responsible for all the gang's activities.

Steve L. Willock, 28, is accused of leading the gang, which originally formed in 1999 in the Washington County Detention Center in Hagerstown. According to court documents, Willock was sentenced to eight years in 1999 for dealing drugs and, after his release in 2003, was

caught dealing again and sentenced to 18 years.

For most of the gang's existence, Willock directed its activities from prison, communicating with members largely through the mail, the indictment shows.

Another alleged member, Ronnie Thomas, 33, is featured prominently in the infamous "Stop Snitching" DVD under his street name, Skinny Suge. The crude video became emblematic of Baltimore's culture of witness intimidation.

BEN NUCKOLS/AP

WASHINGTON | GROUP LOBBIES FOR GIRLS OVERSEAS



MELINA MARA/TWP

GIRL POWER: Schoolgirls United, a group of Maryland high school girls, meet with a political staffer in the office of Sen. Ben Cardin, D-Md., Monday on Capitol Hill to lobby against forced marriages of girls overseas. This is the second year in a row the girls, ages 14-16, have visited the Hill with group director Wendy Lesco to promote girls education in underdeveloped nations.

The Lotteries

Tuesday, Feb. 25

DISTRICT

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| Mid-day Lucky Numbers | 4-7-6 |
| Mid-day DC 4 | 3-1-4-9 |

MARYLAND

| | |
|----------------|----------------|
| Mid-day Pick 3 | 2-8-0 |
| Mid-day Pick 4 | 7-9-3-2 |

VIRGINIA

| | |
|-----------------------|-----------------------|
| Mid-day Pick 3 | 7-1-5 |
| Evening Pick 3 (Mon.) | 6-1-8 |
| Mid-day Pick 4 | 0-5-4-3 |
| Evening Pick 4 (Mon.) | 3-0-8-2 |
| Mid-day Cash 5 | 19-27-31-32-34 |
| Evening Cash 5 (Mon.) | 4W-17-25-27-32 |

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

Jury Finds Ex-Officer Guilty in Md. Shooting

UPPER MARLBORO, MD. | A former Prince George's County homeland security official who shot two furniture deliverymen in his home has been found guilty of involuntary manslaughter and other charges.



Washington

Former police Cpl. Keith Washington was deputy director of the county's homeland security department when he shot the two unarmed men in his Accokeek home in January 2007; 22-year-old Brandon

Clark died of his wounds nine days later. His co-worker, Robert White, was seriously injured. During the trial, Washington testified that the two men were beating him and that he fired blindly to get them off. But White testified that the shootings were unprovoked. (AP)

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NEW NAME, NEW PHILOSOPHY: The Tampa Bay Rays have had internal discussions about the prospect of pursuing Barry Bonds. Manager Joe Maddon said he knew "little" about what was going on, but acknowledged some thought has been given to the career home-run leader.

Sports

Swengali

NATIONALS | BY MATT SWENSON

Nationals' Motley Crew Has Upside

THEY SAY A LOCKER ROOM is a home away from home for professional athletes. For the Nationals, it may better resemble a halfway house.

"Give us your poor, troubled and injured castoffs," could be general manager Jim Bowden's motto.

But we're not criticizing. In fact, the strategy was born out of necessity before the Lerners became owners. And now, virtually guaranteed to fill a new stadium almost every night, Bowden and team President Stan Kasten can afford to take some chances to enhance the talent base.

Few will dispute that Lastings Milledge and Elijah Dukes have more ability than anyone the Nationals have trotted out to the

The strategy was born out of necessity before the Lerners became owners.

outfield since they moved to D.C.

They're also always ready to travel, since they come with so much baggage.

The beauty of spring training is that it's fair game to be optimistic about everything, even risky pickups like Milledge and Dukes.

Truth be told, the Nats resemble the 2004 group of miscreants who led the Red Sox to the World Series — just minus superstars Manny Ramirez, David Ortiz and Pedro Martinez. Don't forget Ortiz was acquired in a then-relatively minor trade the likes of which Bowden has been shooting for since his arrival.

Developing stars is the next step. Ryan Zimmerman is on his way, and, now with some help, it won't be long before fourth place doesn't seem like much of an accomplishment.

@ To reach Matt Swenson, e-mail matt.swenson@readexpress.com

Rehabbed Johnson Is Ready to Go



NATS NOTES

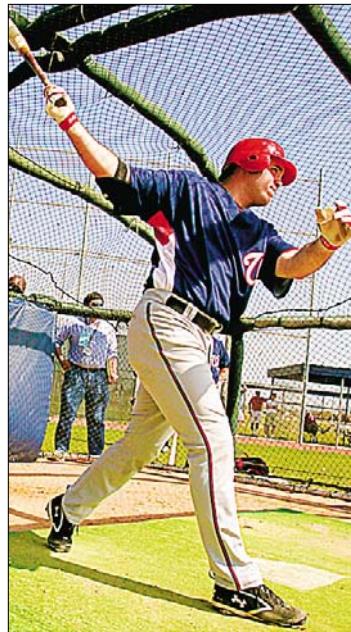
IT'S BEEN A LONG WAIT, but Nick Johnson is ready to go — again.

More than 17 months after a horrific collision with teammate Austin Kearns left Johnson with a broken right femur, the Nationals' oft-injured first baseman is looking forward to returning Wednesday when the team plays its first game of the spring against the Florida Marlins in Jupiter, Fla.

"It's been a long time," Johnson said. "I missed spring training last year, so this one's pretty fun just to be out there, walking the stadium and watching the guys practice."

Manager Manny Acta said he expects the 29-year-old to play.

"He's looking good," Acta said. "I just keep trying to compare it with



Nats first baseman Nick Johnson has missed 17 months with a broken right leg.

last time I saw him, and he looks fantastic."

Johnson has missed time in all of his major league seasons since his debut in 2003. The most important thing now is learning to play without apprehension.

"He just needs a bat and see how we go from there, how he can overcome any type of fear that he has," Acta said. "Probably sliding or making any kind of sudden move, but he looks like he's ready to go."

It's a start

Matt Chico will start the Nationals' Grapefruit League opener against Florida on Wednesday. Chico was 7-9 last season with a 4.63 ERA in 31 starts. The 24-year-old lefty worked during the offseason to improve his pitching motion.

"I'm going to go there looking

at it like I've got to work on some things," Chico said. "Last year, I was striding a little too much, too long, and I've really tried to focus on getting that shorter."

Depth Charge

Willie Harris and Rob Mackowiak add much-needed depth to the Nationals' bench.

Last season, Washington was last in the majors in runs scored, so having two players that bring unique abilities off the bench will be a big boost for the team.

"Willie's a guy that can go out there and play infield for an extended period of time even if [the starters] go down, and also he's a speed, line drive type of hitter," Acta said. "Mackowiak is a guy that can come in later in the game. He's got some more power." (AP)

No. 99 Surges Late at Auto Club 500

Edwards pulls ahead with 13 laps left to win race delayed by a day

AUTO RACING | Carl Edwards won the rain-delayed Auto Club 500 on Monday, charging past NASCAR Sprint Cup champion Jimmie Johnson with 13 laps remaining.

Johnson, winner of the past two Cup titles, came out of the final pit stop in the lead with 26 laps left. But Edwards surged from third to capture the eighth victory of his career.

Edwards showed good form on his traditional victory backflip in front of the main grandstand after taking the checkered flag in a race that ended under caution when Dale Jarrett spun on the final lap.

Edwards had it all but wrapped up at that point, driving his Roush Fenway Racing No. 99 Ford to a lead of more than four seconds over Johnson. It was his first victory at Fontana but his seventh top-10 finish in eight starts at Auto Club Speedway, formerly known as California Speedway.

"Well, it looked like Jimmie was the guy to beat at the end," Edwards



FEELING FLIP: Carl Edwards caps off Monday's win at the rain-delayed Auto Club 500 with a backflip from his No. 99 Ford, a tradition for Edwards after every victory.

said. "It was fun racing with him. I want to thank Bob [Osborne, the crew chief] and all my teammates for working so hard this winter."

Jeff Gordon, who dominated Sunday's racing, was third. He was followed by Kyle Busch and Roush's Matt Kenseth, who had won the two previous February races at this track. Another Roush driver, Greg Biffle, won this event in 2005.

The Roush Fenway team got off to a slow start with NASCAR's new

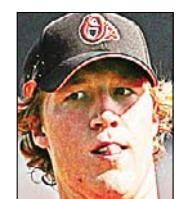
Car of Tomorrow that was introduced with a 16-race schedule in 2007. It was Johnson, Gordon and their Hendrick Motorsports teammates that dominated the CoT race last year.

"Carl Edwards was in another league. We've got some work to do to catch those guys," said Gordon, whose engine blew seconds before the last of 12 caution flags in the race froze the field and assured his third-place finish. MIKE HARRIS (AP)

Loewen Will Start Orioles' 1st Exhibition Game

ORIOLES | Baltimore Orioles manager Dave Trembley didn't want left-hander Adam Loewen fidgeting on the bench during the first exhibition game.

With that in mind, Trembley named Loewen as his starter for Thursday's Grapefruit League opener against the Marlins. Loewen earned it, and Trembley wasn't going to deny him the honor.



Loewen

"The sooner we can get him out there, the better," Trembley said. "I think that was a big part in the planning on that. Let's get him out on the mound, let's get him in a game."

Loewen nailed down the assignment with another strong showing in his second simulated game over the weekend. Loewen threw 35 pitches and displayed outstanding command.

"He had to pass all the fliers and be ready," Trembley said. "He threw good out there, so he'll pitch." (AP)

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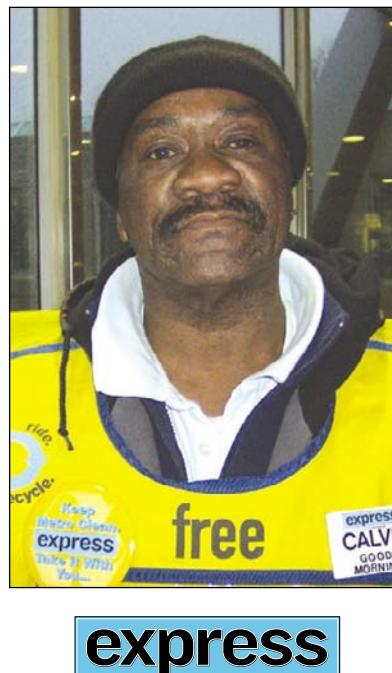
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Sports

60

The number of games Texas and Texas A&M have played on Thanksgiving day. The game, which was switched to the next day in 1996, will move back to Thursday night for the next two years.



The Tennessee players celebrate their upset over then-No. 1 Memphis, which was undefeated heading into Saturday's game.

Rocky Top Takes Top Spot

Tennessee faithful are thrilled about team's 1st-ever No. 1 ranking

COLLEGE HOOPS | The Rock said it all: 1.

The gigantic boulder on which Tennessee students have been painting "happy birthday" messages and praise for Volunteer victories since the '60s bore only that number painted in orange against a black backdrop on Sunday morning.

It's the ranking the then-No. 2 Volunteers ascended to Monday on the heels of their 66-62 victory over top-ranked Memphis on Saturday night, their first victory over a No. 1 opponent since 1969.

A few hundred fans chanting, "It's great to be a Tennessee Vol!" greeted the Volunteers at Thompson-Boling Arena in Knoxville when they arrived at 2:30 a.m. Sunday.

But the Vols (25-2) have little time to share in the excitement. They have four games left to wrap up the Southeastern Conference schedule, starting with a trip Tuesday night to No. 20 Vanderbilt and another sold-out crowd.

Sophomore guard Ramar Smith said the only way to top being No. 1 would be to win the school's first national title in men's basketball.

"Of course, we know we're going to get everybody's best shot," he said. "We've got to take it and deliver and step up. That's really what it's all

about right now."

Teammate Tyler Smith, who scored back-to-back buckets to put the Vols ahead for good in Memphis, relishes being No. 1 but knows work remains.

"We've got a big game coming up Tuesday with Vanderbilt. We're back in conference play, and that's where we've got to take care of [business]," he said.

That didn't stop coach Bruce Pearl from soaking in the victory.

"It's not the time to reflect other than to be proud of who you are and where you're from and just feeling very, very blessed," Pearl said. "This is the land of opportunity. What a great country. So right now we're taking full advantage of it." BETH RUCKER (AP)

WeekendPass makes the weekend historic.

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GW Will Play 1st Game at Nats Park

BASEBALL | The first home run at the new Nationals Park may not come from a major league hitter.

The George Washington University baseball team will inaugurate the playing field in a game against St. Joseph's on March 22, GW officials and Nationals executives will announce as early as Tuesday.

The game would be a week before a scheduled exhibition between the

Nationals and the Orioles on March 29. The official season opener is a day later in a game to be televised on ESPN against the Braves.

Attendance at the college game, which would be in the afternoon, would not be open to the general public and would instead be limited to GW and St. Joseph's fans, said sources familiar with the plans, who could not speak on the record.

The college game likely will not cause the sort of traffic congestion and parking concerns that the Nationals have been working hard to avert in advance of the opening weekend. But it would provide a dress rehearsal for ballpark vendors, concession stands, ushers and other workers prior to the crush of a sold-out house with 41,000 fans at the exhibition and home opener. STEVEN GOFF AND DANIEL LEDUC (THE WASHINGTON POST)

SIGN OF THE TIMES: The Mystics signed star guard Alana Beard to a four-year contract on Monday. The Duke alumna is Washington's all-time leading scorer, and she has been named to three consecutive All-Star teams. Terms of the deal were not released.



Sports

Thomas' Time Frame Hits a Snag

Center wants to return to the court, but his bones aren't yet healed

WIZARDS NOTEBOOK | Etan Thomas' heart is fine. His bones are not.

The Wizards center is recovering from Oct. 11 surgery to repair a leak in his aortic valve that was discovered during routine medical tests.

Thomas' sternum, however, is still hurting. Doctors had to break it to repair his heart. And while many patients with similar surgeries are back to their normal routines in a few months, most of them don't have to live in fear of catching an elbow in the chest from Shaq.

"It's not the same as an ankle injury. You can't really play without [a healthy] chest at all, especially the position I play," Thomas said. "It's hard because the season is going and it's not happening as fast as I want it to, but like I said, I can't rush it."

Thomas returned to practice last week wearing protective padding on his chest, but took a shot during contact drills that caused him to sit out the rest of the session.



Etan Thomas said his sternum hasn't fully healed, not a problem for most jobs but certainly troubling for an NBA center.

"[During practice] all the guys are kind of tentative around me, like 'Are you OK?'" Thomas said. "And I'm like 'Yeah, just play.' But I understand it, because it's something new for everybody."

The big man averaged 6.2 points and 5.1 rebounds in his six previous seasons in Washington. If he were able to return this season — which is still up in the air — he'd give the Wizards some bulk

on the front line to spell Brendan Haywood, who is having a career year but still plays less than 30 minutes a game.

"It's realistic [for Etan to return] because he's made it back this far,"

Wizards coach Eddie Jordan said. "How he progresses with the physical contact, we'll see. That's the last hurdle."

Practice pains

So many of Jordan's players have gone down in regular games, he can't afford to take a chance of losing someone in practice. While the coach is happy to have Thomas and Gilbert Arenas back in the gym, he's had to amend the way he approaches the team's workouts in order to make sure he keeps everyone healthy.

That's not an easy balance, considering he must also try to establish some cohesion among healthy players to try and win now.

"We've pretty much structured and organized practices where there's going to be a lot of things done without contact," Jordan said. "We still have to keep our rhythm and our timing down."

"Some of this is going to be because Gil is back in practice and he can do a lot of non-contact so we want to get as much done with him in that sort of thing. But we still need to be able to compete and bang a little in practice."

ERIC BRANDNER

Late game: The Wizards-Hornets game ended after Express' deadline. For results | Today's Post, Sports

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Daily Poll

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1.1

The amount, in millions of dollars, Peter Forsberg will make after signing with the Avalanche on Monday. The retired former MVP will join Colorado and play the final six weeks of the season for a prorated portion of a one-year, \$5 million deal.

Sports

Is Perfect a Possibility?

Tiger likely won't win everything, but he could come pretty close

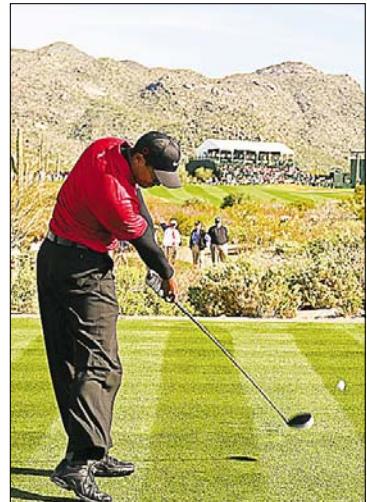
GOLF | The closest anyone came to a perfect season on the PGA Tour was Ben Hogan.

He won every major championship he played in 1953, and every official tournament he entered except for the Seminole Pro-Am Invitational, where he tied for second. Then again, Hogan only played six times that year because of battered legs from a bus accident.

Tiger Woods will play no more than 17 events on the PGA Tour this year, so a 2-0 start might be a little early for anyone to get excited.

Even so, expectations were as high as the desert sun at noon when Woods left Arizona with yet another victory. It was his fourth in a row on tour since early September, all done in record fashion.

"I think this certainly is the best stretch I've ever played," Woods said.



Tiger Woods won Sunday's match play final 8-and-7, the largest margin ever.

Strong words — downright scary — considering that Woods won nine times, including three straight majors, in 2000 and that he won six consecutive PGA Tour events at the end of 2006.

Woods did little to squash the notion of a perfect season when someone asked him if winning

BASEBALL | SPRING IN HIS STEP



DAVID J. PHILLIP/AP

CHUTES, NOT LADDERS: Shortstop Miguel Tejada runs sprints at a spring training workout with a parachute attached to his back. Tejada is in his first season with the Astros after being traded from Baltimore this offseason.

TODAY'S TV LINEUP

WIZARDS (8:30 P.M. ON CSN+) The Wizards, who are on a tough road trip against

Western Conference foes, are in Houston one night after playing New Orleans.

CAPITALS (7 P.M. ON VERSUS) Minnesota

comes to Washington for a nationally televised game against the Caps.

COLLEGE HOOPS (7 P.M. AND 9 P.M. ON ESPN) Ohio State is at No. 12 Indiana, and

No. 1 Tennessee at No. 18 Vanderbilt.

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Entertainment



STUDY: BRITS EASILY SWAYED: Landing a Lifetime Achievement Award and performing at the BRIT Awards gave a 500 percent boost to sales of Paul McCartney's latest album, "Memory Almost Full," in just one day, retailers said last week.

It's Good to Be King

In Eric Bana's case, it means working with Natalie and Scarlett

ROYALTY | Natalie Portman sums up her "Other Boleyn Girl" co-star Eric Bana in one word: Strapping.

"He's this Australian bloke," she goes on to say at a press conference to promote the sexy period drama, in which they share some steamy love scenes.

"My car! My bike! My kids!" she mimics with an exaggerated Australian accent.

Bana, 39, laughs when he is informed of Portman's playful imitation.

Indeed, he is a rather strapping Aussie, and he is completely committed to his family, car racing and cycling (in that order).

The actor plays King Henry VIII, the royal prize in an emotional power-struggle between sisters Anne and Mary Boleyn in this fictionalized historical drama based on Philippa Gregory's best seller. Peter Morgan, the Academy Award-nominated screenwriter of "The Queen" and the acclaimed British TV miniseries "Henry VIII," wrote the adaptation. "Bleak House's" Justin Chadwick directs.

Portman, 26, plays Anne, the ambitious and driven courtier who



SIBLING RIVALRY: Henry VIII (Eric Bana) has the affections of Anne (Natalie Portman, pictured) and her sister Mary (Scarlett Johansson) in "The Other Boleyn Girl."

becomes the 16th century monarch's second wife. Scarlett Johansson, 23, plays her younger sister, Mary. The siblings compete for Henry's affections at the behest of their ambitious father and uncle, both powerful members of the royal court. But while Mary actually feels genuine emotion for the British king, the game is more about power and position for her clever sister, who prevails. (For a time, that is.)

Bana says he is pleased to have had the opportunity to work with both actresses.

"I've admired them both, and when I first read the script, Natalie already was on board, so it was extremely appealing to me," he says. "When Scarlett signed on, it seemed too good to be true."

The ruggedly handsome actor says he was only peripherally aware of Gregory's titillating book when his agent gave him the script.

Bana finally read the book after he saw the script and was intrigued with its "soap-opera nature."

"The character was fascinating; the fact that it was Henry VIII was almost secondary," he says.

"I almost don't notice the genre when I'm reading the script," he says. "I just focus on the basics of the character. Later, I notice I've signed on to this or that kind of movie."

ANGELA DAWSON (ENTERTAINMENT NEWS WIRE)

Today's Top Stops

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ST. VINCENT Indie Super Darling

1 Annie Clark is St. Vincent, a songwriter, multi-instrumentalist, and most notably, the owner of a buttery, deep and sweetly-toned voice. The slight woman in her mid-twenties has worked with the Polyphonic Spree and Sufjan Stevens, and her debut album was released this past summer to critical acclaim. This is a star on the rise, folks — see her now while you can still afford it.

→ *The Rock and Roll Hotel*, 1353 H St. NE; 8 p.m., \$12; 202-388-7625.

KENNETH 'BABYFACE' EDMONDS R&B Veteran



2 Singer, songwriter and producer Kenneth "Babyface" Edmonds gives a rare live show at the Birchmere. His tunes have been sung by the likes of Mariah Carey and Madonna, but tonight he handles things all on his own.

→ *Birchmere*, 3701 Mt. Vernon Ave., 7:30 p.m., \$5; 703-549-7500.

JIAN WANG It's a String Thing

3 As part of the Washington Performing Arts Society's Kreeger String series, cellist Jian Wang will perform three of Bach's most challenging works unaccompanied. Sounds like a feat of classical proportions to us.

→ *Sidney Harman Hall*, 610 F St. NW; 7:30 p.m., \$20; 202-547-1122. (Gallery Place-Chinatown)

WHAT'S HAPPENING?

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"Idol" contestant Jason Yeager's singing style is plastic, but not fantastic.

Cruisin' for a Bruisin'?

Can a cheesy crooner survive another week on 'American Idol'?

TELEVISION | Jason Yeager must die.

Not in the literal, cease-living sense, of course. But since this singing waiter from Grand Prairie, Texas, is perhaps the blandest surviving member of one of the most formidable "American Idol" lineups in years, it's unfathomable that the

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Greg Barber posts a recap the morning after each "American Idol" broadcast, no matter who sings or how cornily they do it, at readexpress.com/idol | **ONLINE NOW**

voting public can continue to stomach his cruise-ship smirk.

Last week, when the show's theme was '60s songs, he ladled out a rendition of "Moon River" that was so inherently plasticine that it

could have just as easily been a torrent of Legos that flowed from his lips rather than words.

Until Thursday, Yeager had a partner in cheese: Amy Davis from Lowell, Ind., whose version of "Where the Boys Are" contained enough high fructose corn syrup to rot an entire mouth of teeth at once.

Voters handed her a not-so-sweet reward: a ticket home. If Yeager doesn't change his tune, hopefully he, too, will get thrown overboard.

GREG BARBER (EXPRESS)



CARMELLA PART II? Edie Falco has signed on for a Showtime comedy where she will play a New York City nurse who doesn't hesitate to tell her superiors off. Her character is said to have a personal life that is "precarious and unpredictable."

Entertainment

Under the Charmer

The usually debonair Blair Underwood acts the menace on HBO

TALENTED | Playing cocky charmers is a breeze for Blair Underwood.

But playing alpha male Alex, the ultra-aggressive patient on HBO's taut saga of psychotherapy, "In Treatment," is a welcome challenge for the 43-year-old actor.

"What's unique about 'In Treatment' is that you have a chance to be as raw and transparent and as intimate as possible on-screen," Underwood said recently during a chat at a favorite coffeehouse in suburban Studio City.

What's also unique about "In Treatment" is its nightly format, airing Monday through Friday at 9:30 p.m. EST. Each night, psychotherapist Paul Weston, played by Gabriel Byrne, sees one of five regular patients, who return on the same night each week.



DIFFICULT PATIENT: Alex (Blair Underwood, pictured) toys his psychotherapist's (Gabriel Byrne) mind on "In Treatment."

Appearing on Tuesday-night installments of the series, Underwood's Alex is a grounded Navy fighter pilot who has sought counseling after he bombed and killed innocent civilians in Iraq, then suffered a heart attack.

The clever Alex has played persistent head games with his long-suffering therapist, and their egos finally collide in their explosive fifth session airing Tuesday night.

"It's the juiciest stuff with Alex," Underwood said of his character's

intensifying story arc over the coming weeks.

"When you first see Alex, you see all his posturing and confidence," Underwood said.

It's an attitude viewers may recall from Underwood's early

days as brash young lawyer Jonathan Rollins on the acclaimed NBC series "L.A. Law."

"But 'In Treatment' is all about therapy," Underwood said. "Alex will be exposed. He'll be stripped to the core. ... And Gabriel is such a terrific actor that there's always a lot for me to play off of."

As Paul, Byrne typically sits and listens impassively to his patients, betraying his interest with subtle shifts of face or body.

"There are no fancy camera moves, just two people sitting there looking at each other," said executive producer Rodrigo Garcia of the show's stripped-down style.

"We wanted to shoot 'In Treatment' even more simply than the average TV drama," Garcia said.

Garcia cast Underwood as Alex after seeing him in the feature film "Madea's Family Reunion."

"I'd watched Blair for a long time on television — on everything from 'L.A. Law' to 'Sex and the City' — and he'd largely played likable characters," Garcia said. "But in 'Madea's Family Reunion,' Blair played an angry, dangerous, abusive character. He really was very frightening."

KINNEY LITTLEFIELD (AP)

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Entertainment



DON'T CRY FOR THEM, BIG BEN: Pop star Sting said that he and his two cohorts from the Police will bid a musical goodbye to Britain with a farewell concert in London's Hyde Park on June 29. They will play their last show ever after that in New York City.

Got All the Kinks Out

Ray Davies solidifies his message with 'Working Man's Cafe'

MUSIC Brits have a long tradition of helping Americans see their own country better. Witness the British Invasion itself, in which bands like the Beatles, the Rolling Stones, the Animals and the Kinks took American grass-roots musical traditions, digested them and came forth with something entirely original.

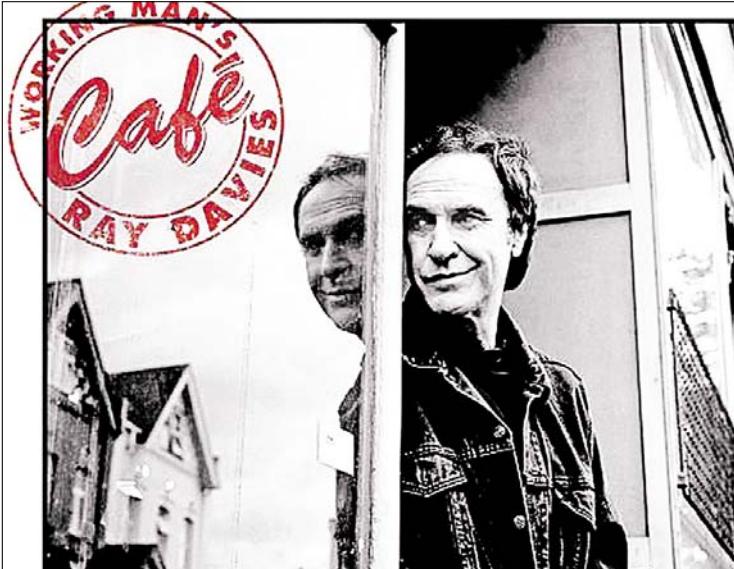
A generation on, the Kinks' main creative force, Ray Davies, is still doing it — albeit in a very different way.

Davies' incisive blend of astute observation and cutting social com-

mentary makes a welcome return in "Working Man's Cafe," a not-quite-concept-album that manages both to be intimate and take on globalization all at once.

Davies has always gravitated toward the common man and his travails; no one, not even Springsteen, sings about dead-end jobs and being lost in one's own land better than he does. And in tracks like "Vietnam Cowboys," "No One Listen" and "The Real World," he gives shape to a post 9/11 disaffection that is often hard to put into words.

Sure, he mentions Wales in one song. And sure, the English "front room" sensibilities of Davies' upbringing are still evident. Nevertheless, this album feels both



MUSICAL DISSENT: Ray Davies calls it how he sees it on his biting new solo album.

American and critical of America in an affectionate way. "Everything around me seems unreal/Everywhere I go it looks and feels like America," Davies sings in the title track. It's not necessarily a compliment, but nor is it an easy insult.

But Davies is not just a poet. He's still a rocker, too, with a healthy dose of insolence woven into his music.

Davies has always known how to balance anger and melancholy, and "Working Man's Cafe" is no exception. When he sings, "I believe I wanna pray but don't know what to," he's moving fast and lamenting at the same time — a lot like much of the world these days.

The tunes on "Working Man's Cafe" may not be quite as catchy as their ancestors on classic Kinks albums of disaffection like "Low Budget" but they make up for it in content. If you're a Davies fan, this is a can't miss; if you're not and you pick up this album, you probably



will be. TED ANTHONY (AP)



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JUMPER (PG-13) (130 230 400 500) 630 730 900 1020
1020
STEP UP 2 THE STREETS (PG-13) (1245 345) 645 900 1030
SPIDERWICK CHRONICLES (PG) (100 345) 645 910
DEFINITELY MAYBE (PG-13) (115 445) 745 1000
FOOL'S GOLD (PG-13) (200 445) 745 1030
HANNAH MONTANA CONCERT 3D (G) ★ 1245 315 600
THERE WILL BE BLOOD (R) - ID REQ'D (300) 630 1000
ATONEMENT (R) - ID REQ'D (115 400) 645 930
JUNO (PG-13) (200 430) 700 930
WELCOME HOME ROSCOE JENKINS (PG-13) (130 415) 730 1015

POTOMAC YARD STADIUM 16 800-FANDANGO 690#

Adv. Tix on Sale SEMI-PRO (R) - ID REQ'D ★
Adv. Tix on Sale 10,000 BC - MIDNITE (PG-13) ★
WITLESS PROTECTION (PG-13) (140 440) 730 1000
U23D CONCERT MOVIE - \$2.50 FEE FOR 3D (G) ★ 800 1010
PERSEPOLIS (PG-13) (145 435) 740 1005
JUMPER (PG-13) (120 200 350 430) 640 710 910 950
SPIDERWICK CHRONICLES (PG) (110 150 340 420) 630 710 900 940

THERE WILL BE BLOOD (R) - ID REQ'D (100 425) 750

NO COUNTRY FOR OLD MEN (R) - ID REQ'D (125 410) 700 955

HANNAH MONTANA CONCERT 3D (G) ★ 130 330 600

WELCOME HOME ROSCOE JENKINS (PG-13) (105 400) 650 930

FAIRFAX TOWNE CENTER 10 800-FANDANGO 670#

Adv. Tix on Sale SEMI-PRO (R) - ID REQ'D ★
Adv. Tix on Sale 10,000 BC - MIDNITE (PG-13) ★
WITLESS PROTECTION (PG-13) (140 440) 730 1000
U23D CONCERT MOVIE - \$2.50 FEE FOR 3D (G) ★ 800 1010
PERSEPOLIS (PG-13) (145 435) 740 1005
JUMPER (PG-13) (120 200 350 430) 640 710 910 950
SPIDERWICK CHRONICLES (PG) (110 150 340 420) 630 710 900 940

THERE WILL BE BLOOD (R) - ID REQ'D (100 425) 750

NO COUNTRY FOR OLD MEN (R) - ID REQ'D (125 410) 700 955

HANNAH MONTANA CONCERT 3D (G) ★ 130 330 600

WELCOME HOME ROSCOE JENKINS (PG-13) (105 400) 650 930

GERMANTOWN STADIUM 14 800-FANDANGO 455#

Adv. Tix on Sale SEMI-PRO (R) - ID REQ'D ★
Adv. Tix on Sale 10,000 BC - MIDNITE (PG-13) ★
WITLESS PROTECTION (PG-13) (130 230 345 500) 730 830 1000 1045

CHARLIE BARTLETT (R) - ID REQ'D (145 435) 800 1045

SPIDERWICK CHRONICLES (PG) (200 430) 745 1015

DEFINITELY MAYBE (PG-13) (115 400) 645 915

WELCOME HOME ROSCOE JENKINS (PG-13) (130 315) 715 915 1015

THERE WILL BE BLOOD (R) - ID REQ'D (100 425) 750

NO COUNTRY FOR OLD MEN (R) - ID REQ'D (125 410) 700 955

HANNAH MONTANA CONCERT 3D (G) ★ 130 330 600

WELCOME HOME ROSCOE JENKINS (PG-13) (105 400) 650 930

UA SNOWDEN SQ STADIUM 14 800-FANDANGO 570#

Adv. Tix on Sale SEMI-PRO (R) - ID REQ'D ★
Adv. Tix on Sale 10,000 BC - MIDNITE (PG-13) ★
WITLESS PROTECTION (PG-13) (121 230 345 500) 730 830 1000 1045

CHARLIE BARTLETT (R) - ID REQ'D (145 435) 800 1045

SPIDERWICK CHRONICLES (PG) (200 430) 745 1015

DEFINITELY MAYBE (PG-13) (115 400) 645 915

WELCOME HOME ROSCOE JENKINS (PG-13) (105 400) 650 930

THERE WILL BE BLOOD (R) - ID REQ'D (100 425) 750

NO COUNTRY FOR OLD MEN (R) - ID REQ'D (125 410) 700 955

HANNAH MONTANA CONCERT 3D (G) ★ 130 330 600

WELCOME HOME ROSCOE JENKINS (PG-13) (105 400) 650 930

MANASSAS STADIUM 14 800-FANDANGO 490#

Adv. Tix on Sale SEMI-PRO (R) - ID REQ'D ★
Adv. Tix on Sale 10,000 BC - MIDNITE (PG-13) ★
WITLESS PROTECTION (PG-13) (120 220 440) 725 1005

VANTAGE POINT (PG-13) (121 250 450) 655 740 945

1030

U23D CONCERT MOVIE - \$2.50 FEE FOR 3D (G) ★ 805 1020

STEP UP 2 THE STREETS (PG-13) (114 205 425) 645 920

JUMPER (PG-13) (113 255 350 430) 615 715 915 955

SPIDERWICK CHRONICLES (PG) (115 240 320 410) 650 730 755

1015

DEFINITELY MAYBE (PG-13) (113 210 350 450) 630 710 925

WELCOME HOME ROSCOE JENKINS (PG-13) (123 330 650 925)

THE EYE (PG-13) (123 340 735 1020)

930 PM

HANNAH MONTANA CONCERT 3D (G) ★ 1125 310 600 605

225 PM

THERE WILL BE BLOOD (R) - ID REQ'D (115 315) 635 1000

JUNO (PG-13) (114 205 435) 745 1010

1140 205 435 745 1010

1015

WELCOME HOME ROSCOE JENKINS (PG-13) (123 330 650 925)

1225 PM

THERE WILL BE BLOOD (R) - ID REQ'D (115 315) 635 1000

JUNO (PG-13) (114 205 435) 745 1010

1140 205 435 745 1010

1015

WELCOME HOME ROSCOE JENKINS (PG-13) (123 330 650 925)

1225 PM

THERE WILL BE BLOOD (R) - ID REQ'D (115 315) 635 1000

JUNO (PG-13) (114 205 435) 745 1010

1140 205 435 745 1010

1015

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1140 205 435 745 1010

1015

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THERE WILL BE BLOOD (R) - ID REQ'D (115 315) 635 1000

JUNO (PG-13) (114 205 435) 745 1010

1140 205 435 745 1010

1015

WELCOME HOME ROSCOE JENKINS (PG-13) (123 330 650 925)

1225 PM

Cigarette Smoker? Want to Quit?

Give Research a Try!

(financial compensation is available)

Stamped copy on file with IRB: 26 January 2007

The Center for Health Behavior Research under the direction of Dr. Elbert Glover, PhD, is conducting a research study testing an already FDA approved medication (not yet approved for smoking cessation) which may also help people stop smoking.

Call Today!
(301) 405-0128



To participate you must:

- Be highly motivated to quit
- Be over 18 years of age
- Smoked daily for the past five years
- Attend 12 office visits over a 6 month period

Participants will receive at no cost:

- Physical exams and laboratory assessments
- Individual counseling
- FDA approved medication or placebo (50:50 chance of receiving the drug)

To Enroll Call
Jessica Rath, PhD
(301) 405-0128 Today!



This study is being funded by the National Institute on Drug Abuse, National Institutes of Health

Herniated Disc Technology Discovered by Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression successful in treating debilitating back pain.

Find out how why an accidental discovery lead to the most promising treatment today. For your free report entitled, "How High Tech Non-Surgical Procedures Now Improve Life for Those with Lower Back Pain, Disc Herniation and Disc Degeneration" call 1-888-749-9136 for the toll-free 24 Hour recorded message. Supplies are limited - call now. If phone lines are busy, visit: www.DiscReliefVA.com

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DIGITAL 3D

U2 3D (G) ✓ 9:50 PM
HANNAH MONTANA & MILEY CYRUS: BEST OF BOTH WORLDS CONCERT DIGITAL 3D \$15 (G)
3:00, 5:15, 7:30

CHARLIE BARTLETT (R) ✓ 1:25, 4:10, 6:55, 9:30

THE SIGNAL (R) ✓ 1:35, 4:00, 6:35, 9:30

VANTAGE POINT (PG13) ✓ 1:45, 3:20, 4:45, 5:45, 7:15, 8:15, 9:45

WITLESS PROTECTION (PG13) ✓ 2:00, 4:50, 7:40, 10:05

GEORGE A. ROMERO'S DIARY OF THE DEAD (R) ✓ 1:55, 4:40, 7:35, 10:10

DEFINITELY, MAYBE (PG13) 1:10, 2:05, 4:30, 5:20, 7:20, 8:20

DEFINITELY, MAYBE (PG13) ☎ 1:00, 4:30, 7:20

JUMPER (PG13) 1:30, 2:55, 4:15, 5:25, 6:40, 8:00, 9:00

THE SPIDERWICK CHRONICLES (PG) 1:20, 2:25, 4:20, 4:55, 7:05, 7:45, 9:25

STEP UP 2 THE STREETS (PG13) 1:40, 3:15, 4:25, 5:55, 7:10, 8:40, 10:00

FOOL'S GOLD (PG13) 1:05, 3:45, 6:30, 9:15

WELCOME HOME ROSCOE JENKINS (PG13) 1:00, 4:00, 7:00, 8:30, 9:40

THE EYE (PG13) 10:15 PM

UNTRACEABLE (R) 2:15, 7:50

27 DRESSES (PG13) 5:00

AMC SELECT

BE KIND REWIND (PG13) ✓ 1:15, 4:05, 6:45, 9:10

NO COUNTRY FOR OLD MEN (R) 10:10 PM

THERE WILL BE BLOOD (R) 2:10, 6:00, 9:20

JUNO (PG13) 1:50, 7:25, 9:55

PERSPOLIS (PG13) 3:25, 5:50

AMC SELECT

BE KIND REWIND (PG13) ✓ 1:15, 4:05, 6:45, 9:10

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PERSPOLIS (PG13) 3:25, 5:50

AMC SELECT

BE KIND REWIND (PG13) ✓ 1:15, 4:05, 6:45, 9:10

Television



STEREOTYPES ENTERTAIN! Nine geeks and nine beauties are primed to hit the airwaves in the fifth season of "Beauty and the Geek," premiering March 11 (two weeks from today) on the CW. The hotties and hotties will be competing for \$250,000.

'Quarterlife' Crisis

NBC's new series is hip to the insecurities of twentysomethings

ACCURATE | "Quarterlife" (10 p.m., NBC) was originally created by producers Marshall Herskovitz and Edward Zwick for the Internet.

The show's Internet origins accentuated its central narrative hook, the torrents of narcissistic blogs filed by Dylan (Bitsie Tulloch), a brittle, self-absorbed assistant editor at a women's magazine she neither reads nor respects. Her roommates include Lisa (Maite Schwartz), an inse-



GOSSIP GIRL: Dylan is a blogger with nothing but snarky things to say.

cure actress who drinks and sleeps around a lot. Debra (Michelle Lombardo) is Dylan's best friend. I'm not sure what Debra does except look long, lean and confident when not acting geeky and eccentric in front of brooding filmmakers Jed (Scott Michael Foster) and Danny (David Walton). One of them is her boyfriend, and the other is merely in love with her. Jed and Danny have recently condescended to lend their cinematic genius to a local car company's advertising efforts.

Almost every scene involves characters saying far more than they should about things that may not interest anybody outside of their small, incestuous circle of so-called friends. Nearly every line of dialogue rings false. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

ON TV TONIGHT

PAULA'S PUMPED

The top-10 men compete on **AMERICAN IDOL** (8 p.m., Fox).

WHO CAN?

Sock can't get enough of the DMV on **REAPER** (8 p.m., CW).

EDIBLE FILTH

Mike prepares food on **DIRTY JOBS** (9 p.m., Discovery).

VLAD WANTS TO STAY!

FRONTLINE/WORLD (9 p.m., PBS) looks at Russia as it approaches national elections and a post-Putin era that may be anything but.

STRANGE ORANGE FIXTURES

The 2005 film **THE GATES** (10 p.m., HBO) documents a public arts project.

IF IT'S NOT ONE THING ...

A plague breaks out on **JERICHO** (10 p.m., CBS).



FORMER FRIEND: Courteney Cox dishes on "Dirt" tonight on Letterman.

(10 p.m., CBS).

MOTLEY CREW

Courteney Cox, Thomas Friedman and Chingy with Ludacris appear on **THE LATE SHOW WITH DAVID LETTERMAN** (11:35 p.m., CBS). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

| | 6:00 PM | 6:30 | 7:00 | 7:30 | 8:00 | 8:30 | 9:00 | 9:30 | 10:00 | 10:30 | 11:00 | 11:30 |
|-----------------------|--|--|--|--|---|--|---|----------------|--|---|--|-------------------------|
| LOCAL CHANNELS | | | | | | | | | | | | |
| WRC | 4 News (N) EE | | NBC Nightly News | Access Hollywood | The Biggest Loser: Couples | One team is surprised with a trip to Las Vegas. | | | quarterlife (Series Premiere) (N) EE | | News (N) EE | Tonight Show |
| WTG | 5 News (N) | TMZ (N) EE | The Simpsons EE | Seinfeld EE | American Idol | Male singers perform. (N) EE | Back to You (N) | | News (N) | | News (N) | TMZ EE |
| WJLA | 7 News (N) EE | ABC Wid News | Wheel of Fortune | Jeopardy! (N) | Just for Laughs | Just for Laughs | According to Jim | | Carpoolers (N) EE | Primetime: What Would You Do? | News (N) EE | (35) Nightline (N) |
| WWUSA | 9 News (N) EE | Evening News | News | Entertainment | NCIS "Designated Target" EE | | Big Brother: 'Til Death Do You Part | | Jericho "Jennings & Rall" (N) EE | News (N) EE | Late Show | |
| WDCA | 10 Judge Judy (N) EE | Judge Joe Brown | King of Queens | King of Queens | Street Patrol (N) | Street Patrol EE | Jail (N) EE | Jail EE | Every-Raymond | King of the Hill EE | Law & Order: Criminal Intent EE | |
| WMPT | 22 The NewsHour With Jim Lehrer (N) | Business Rpt. | Outdoors Md. | Nova "The Four Winged Dinosaur" (N) | Frontline/World "State of Emergency" | | | | The History Project EE (DVS) | | PBS Previews | Smart Travels |
| WETA | 26 BBC World News | Business Rpt. | The NewsHour With Jim Lehrer (N) | Nova "The Four Winged Dinosaur" (N) | Supernatural Science EE | | | | Frontline/World "State of Emergency" | | Charlie Rose (N) EE | |
| WHUT | 32 World Business | Tavis Smiley EE | BBC World News | Moneywise | Mystery! EE (DVS) | | Better Hour: William Wilberforce | | BBC World News | Tavis Smiley EE | Charlie Rose (N) EE | |
| WDCW | 50 My Wife and Kids | Family Guy EE | Two/Half Men | Two/Half Men | Reaper "The Cop" EE | | One Tree Hill (N) EE | | Friends EE | Friends EE | Family Guy EE | Sex and the City |
| A&E | Cold Case Files EE | | CSI: Miami "Freaks & Tweaks" EE | The First 48 EE | | The First 48 EE | | | Parking Wars (N) | Parking Wars | Parking Wars | Parking Wars |
| Animal | The Crocodile Hunter EE | | Seven Deadly Strikes EE | Barracudas EE | | Piranhas EE | | | Animal Planet Heroes Phoenix EE | | Barracudas EE | |
| BET | 106 & Park: BET's Top 10 Live EE | | Hell Date EE | ★★ "Mo' Money" (1992) Damon Wayans, Marlon Wayans. Premiere. EE | | | | | Rip the Runway: Model Search '08 | | Malcolm & Eddie | Malcolm & Eddie |
| Bravo | The Millionaire Matchmaker EE | | The Millionaire Matchmaker EE | The Millionaire Matchmaker EE | | The Millionaire Matchmaker EE | | | The Millionaire Matchmaker (N) EE | | (02) The Millionaire Matchmaker | |
| Comedy | (5:00) "Dirty Rotten Scoundrels" EE | Scrubs EE | Scrubs EE | Daily Show | Colbert Report | Futurama EE | South Park EE | | Cedric the Entertainer | | Daily Show | Colbert Report |
| Court | World's Wildest Police Videos EE | Cops EE | Cops EE | Cops EE | Cops EE | Cops EE | World's Wildest | | Under Fire | Under Fire | Forensic Files | Forensic Files |
| Discovery | Cash Cab EE | Cash Cab EE | How It's Made | How It's Made | Dirty Jobs Wine making. EE | Dirty Jobs Food-related jobs. (N) | | | Storm Chasers | | MythBusters EE | |
| DISCH | Code Blue "Close Call" EE | | Trauma: Life in the ER EE | Raising a Six Pack EE | | Raising 16 Children EE | | | Then Came Six | | Raising a Six Pack EE | |
| Disney | Hannah Montana | Hannah Montana | Hannah Montana | Zack & Cody | (15) ★★ "Toothless" (1997, Comedy) Kirstie Alley, Dale Midkiff. EE | | | | That's So Raven | Life With Derek | Zack & Cody | Hannah Montana |
| E! | Heath Ledger | Chelsea Lately | E! News (N) | The Daily 10 (N) | 30 Most Outrageous Celebrity Feuds | Notorious Hollywood feuds. | | | Girl Next Door | Kardashians | E! News | Chelsea Lately (N) |
| FX | (5:30) ★★ "The Rundown" (2003) The Rock, Sean William Scott. | | | ★★ "Maid in Manhattan" (2002) Jennifer Lopez, Ralph Fiennes. | | | | | ★★ "Maid in Manhattan" (2002) Jennifer Lopez, Ralph Fiennes. | | | |
| BASIC CHANNEL | | | | | | | | | | | | |
| HGTV | Small Space | If Walls Could | House Worth? EE | House Hunters | Designed to Sell | My Kitchen | Desperate Spaces EE | Open House | House Hunters | Secrets That Sell | House Worth? | Hidden Potential |
| Family | 8 Simple Rules EE | 8 Simple Rules | Grounded for Life | Grounded for Life | America's Funniest Home Videos | America's Funniest Home Videos EE | | | America's Funniest Home Videos | | The 700 Club EE | |
| History | Modern Marvels: The Alcan Highway | | Modern Marvels: Pirate Tech EE | Modern Marvels: Trucks EE | The Universe (N) EE | | | | Mega Disasters Locusts. EE | | Modern Marvels: Nature's Engineers | |
| Lifetime | Reba EE | Reba "Surprise" | Still Standing EE | Still Standing EE | Reba EE | Reba EE | "Fatal Desire" (2006, Suspense) Anne Heche, Eric Roberts. EE | | | | Will & Grace EE | Will & Grace EE |
| MTV | Making the Band 4 EE | | Domenico's | True Life EE | True Life Separate identities. EE | True Life "I'm a Jersey Shore Girl!" EE | | | Life of Ryan (N) | Rob & Big (N) EE | Rob & Big EE | Jackass Race. EE |
| NICK | Drake & Josh EE | Drake & Josh EE | Zoey 101 EE | Ned's School | SpongeBob | Drake & Josh EE | Home Improve. | Home Improve. | Home Improve. | Home Improve. | Home Improve. | Home Improve. |
| SCIFI | Stargate SG-1 "New Ground" EE | | Scary But True EE | Scary But True EE | Scariest Places on Earth EE | Scariest Places on Earth EE | | | ECW Chavo's title jeopardy. (Live) | | ★★★ "X" (1996, Fantasy) Premiere. | |
| SPIKE | CSI: Crime Scene Investigation EE | | CSI: Crime Scene Investigation EE | CSI: Crime Scene Investigation EE | CSI: Crime Scene Investigation EE | CSI: Crime Scene Investigation EE | CSI: Crime Scene Investigation EE | | | CSI: NY "Blink" EE | | |
| TBS | Friends EE | Every-Raymond | Every-Raymond | Family Guy EE | Family Guy EE | Family Guy EE | Family Guy EE | | The Office EE | The Office EE | 10 Items or Less | Sex and the City |
| TLC | Property Ladder EE | | Flip That House EE | Flip That House | Flip That House | Flip That House | Flip That House | | LA Ink Kat consults a doctor. (N) | | LA Ink Kat consults a doctor. | |
| TNT | Law & Order "Possession" EE | | Law & Order "Caviar Emptor" EE | Law & Order "Acid" EE (DVS) | Law & Order "Fallout" EE (DVS) | | | | Bones "A Boy in a Bush" EE | | Cold Case "Daniela" EE | |
| USA | Law & Order: Special Victims Unit EE | | Law & Order: Criminal Intent EE | Law & Order: Special Victims Unit EE | Law & Order: Special Victims Unit EE | Law & Order: Special Victims Unit EE | Law & Order: Special Victims Unit EE | | Law & Order: Special Victims Unit EE | | (02) Law & Order: Criminal Intent EE | |
| VHI | The Flavor of Love | Theme-restaurant. | Celebrity Rehab With Dr. Drew EE | Celebrity Rehab With Dr. Drew EE | Celebrity Rehab With Dr. Drew EE | Celebrity Rehab With Dr. Drew EE | Celebrity Rehab With Dr. Drew EE | | Rock of Love With Bret Michaels EE | Rock of Love With Bret Michaels EE | My Fair Brady | Scott Baio |
| SPN | Los Plateados | Noti-Telemdo | 12 Corazones | La Traicion | | | | | | | | |
| UNIV | Que Locura | Noticiero Univ | Yo Amo a Juan Querendón | Al Diablo con Los Guapos | | | | | | | | |
| SPORTS | | | | | | | | | | | | |
| ESPN | SportsCenter (Live) EE | | College Basketball Ohio State at Indiana. (Live) EE | | College Basketball Tennessee at Vanderbilt. (Live) EE | | | | | | | |
| ESPN2 | NASCAR Now | Rome-Burning | College Basketball Southern Illinois at Bradley. (Live) EE | | NBA Coast-to-Coast (Live) EE | | | | | | | Mix Tape Tour |
| CSN | SportsNite EE | SportsNite EE | Net Impact | Darryl Hill | SportsNite EE | NBA Basketball Washington Wizards at Houston Rockets. From Toyota Center in Houston. | | | | | | |
| NEWS | | | | | | | | | | | | |
| CNN | (4:00) The Situation Room | | Lou Dobbs Tonight EE | | CNN Election Center | | Larry King Live EE | | Anderson Cooper 360 EE | | | |
| FNC | Special Report EE | | The Fox Report With Shepard Smith | | The O'Reilly Factor EE | | Hannity & Colmes EE | | On the Record-Van Susteren | | The O'Reilly Factor | |
| MSNBC | Tucker | | Hardball EE | | Countdown With Keith Olbermann | | Presidential Debate Democrats. (Live) | | | | Democratic Presidential Candidates Debate Analysis | |
| MOVIES | | | | | | | | | | | | |
| AMC | (4:00) ★★★ "The Godfather, Part III" (1990) Al Pacino, Talia Shire. EE | | ★★ "Striking Distance" (1993, Action) Bruce Willis, Dennis Farina. EE | | ★★ "Dante's Peak" (1997, Action) Pierce Brosnan. PG-13" EE | | | | | | | |
| TCM | (15) ★★★ "Cheers for Miss Bishop" (1941, Drama) Martha Scott. NR | | ★★★ "The Talk of the Town" (1942, Comedy) Cary Grant, Jean Arthur. NR | | (15) ★★★★ "The Miracle of Morgan's Creek" (1944) Eddie Bracken. NR | | | | | | | |
| HBO | (5:30) ★ "Date Movie" (2006) PG-13 | | ★★ "Firehouse Dog" (2007, Comedy) Josh Hutcherson. PG EE | | In Treatment EE | In Treatment EE | ★★ "The Gates" (2005) Premiere. EE NR EE | | | | Bernard and Doris | |
| MAX | Trading Places EE | ★★ "Poseidon" (2006) Josh Lucas. PG-13" EE | (15) ★ "The Number 23" (2007, Mystery) Jim Carrey. PG EE | | | | ★★ "Blood Diamond" (2006, Adventure) Leonardo DiCaprio. PG EE | | | | | |
| SHOW | (5:15) ★★★ "The Florentine" (1999) | ★★★ "Akeelah and the Bee" (2006) Laurence Fishburne. TV . PG EE | The L Word "Lay Down the Law" EE | | | | ★★ "Crank" (2006) Jason Statham. TV . PG EE | | | | Pulp Fiction (1994) | |
| TMC | (15) ★★★ "Legends of the Fall" (1994, Drama) Brad Pitt, Anthony Hopkins. EE | (15) ★★★ "The Lookout" (2007) Joseph Gordon-Levitt. EE | ★ "Love Stinks" (1999) French Stewart. EE | | | | (05) "45" (2006, Suspense) Milla Jovovich. EE | | | | (45) ★★ Candy | |
| STARZ! | (5:35) ★ "Primeval" (2007) EE | (15) ★★★ "The Lookout" (2007) Joseph Gordon-Levitt. EE | ★★ "Fun With Dick & Jane" (2005) Jim Carrey. PG-13 | | | | (35) ★★ "Perfect Stranger" (2007) Halle Berry. EE | | | | | |
| ENCORE | (4:40) ★★ Steel | (20) ★★★ "Cool Runnings" (1993) Leon. PG EE | ★★ "Uncle Buck" (1989) John Candy. PG EE | | | | (40) ★★ "The Great Outdoors" (1988) Dan Aykroyd. EE | | | | (15) ★★ "Brewster's Millions" PG | |

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The District of Columbia Public Schools (DCPS), Division of Transportation (DOT), under the court appointed leadership of the Transportation Administrator, is seeking Bus Driver with Commercial Drivers License. The DOT manages the safe, efficient, and professional transportation of approximately 3,900 special needs children throughout the Washington-Metropolitan area.

Candidate must meet the following: 1) be at least 21 years old; 2) pass a Background Check; 3) possess a valid Commercial Drivers License and/or a Commercial Driver License Learner's Permit; and 4) possess a high school diploma, G.E.D., or its equivalent.

If you are interested in, and meet the qualification requirements for the position as stated, you may mail, e-mail, or fax your resume or DC 2000 application to:

DCPS Division of Transportation
Lemuel Penn Center
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Please submit a cover letter, resume and listing of three references to: Donna J. Baker, Senior Manager, Operations Staffing & Training, The Freedom Forum/Newseum, 555 Pennsylvania Avenue, Washington, DC 20001. OR email: jobs@freedomforum.org

FILE CLERK

One of the 6 largest multi-employer pension funds located downtown nr Metro needs conscientious, dependable indiv. to maintain file room & distribute files. Must be able to keep accurate records. Must have keyboard exper. and good spelling. Exper preferred. Starting salary: \$30,776 increased to \$33,360 after probationary period. Fully paid employee benefits include medical, dental, vision & pension. If interested send resume to: Box Number M1000000115, The Washington Post, Washington DC 20071

FINANCE

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- Unit Clerk
- Regulatory Affairs Nurse
- Radiologic Technician
- Health Center Director
- Health Educator
- Maintenance Supervisor
- Driver
- Health Center Clerk
- Medical Assistants/Floater
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301-839-0001
Free onsite parking

All candidates must demonstrate appropriate communication skills and provide legal employment authorization. EOE.

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A/C Equipment Mechanic

The National Gallery of Art is seeking an experienced A/C Equipment Mechanic to operate, maintain, troubleshoot, and repair its HVAC&R building mechanical equipment and systems. The position requires heavy physical effort and the ability to take operational readings from HVAC equipment. Secure government job with great benefits. Salary range \$23.59-\$27.55, hourly. Call Mr. Bixler at 202-842-6350 for more information. U.S. citizenship is required. For application information and instructions please visit <http://jobsearch.usajobs.opm.gov/a9nmg.asp>. The vacancy announcement number is 08-8A. Applications will be accepted through 3/14/08. EOE.

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E-mail resume to: jholmes@udc.edu or fax to: (202) 274-6509

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Shift Supervisors, Traffic Directors, Maintenance Personnel

Full and Part Time
All Shifts Available

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10:00 a.m. to 2:00 p.m.

Comfort Inn--Oxon Hill
6363 Oxon Hill Road
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301-839-0001
Free onsite parking

All candidates must demonstrate appropriate communication skills and provide legal employment authorization. EOE.

Pipefitter

The National Gallery of Art is seeking an experienced Pipefitter to repair, maintain, and install piping equipment. The individual shall have hands-on experience with steam heating, high temperature hot water heating, steam valves, relief valves, float valves, and other plumbing equipment. Knowledge of trade practices, measurements, and layout; ability to understand and interpret blueprints and specifications; and ability to discover and eliminate malfunctions are also necessary. Secure government job with great benefits. Salary range \$23.59-\$27.55, hourly. Call Mr. Bixler at 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nga.asp>. The vacancy announcement number is 08-7A. Applications will be accepted through 3/7/08. EOE.

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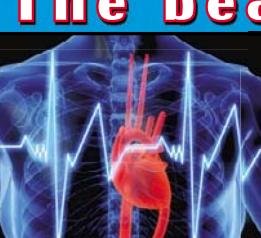
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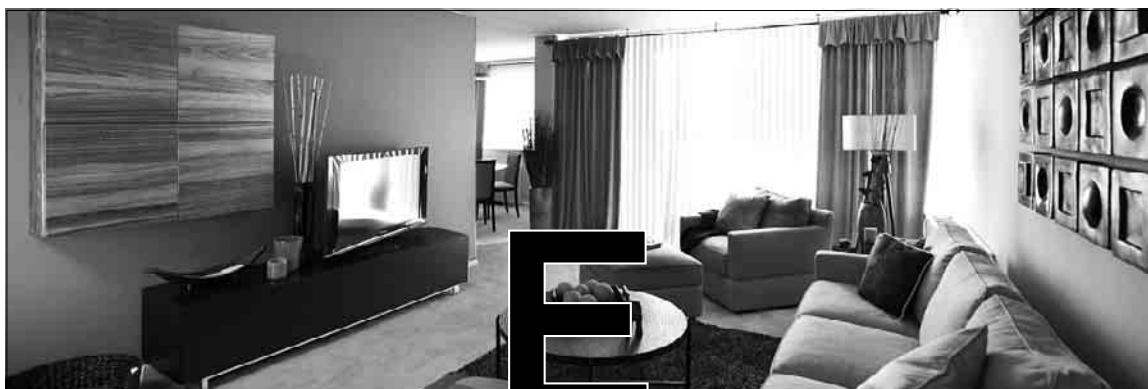


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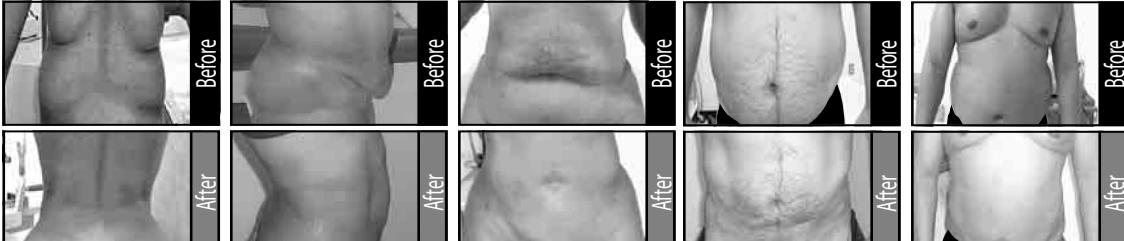
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LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

Culture

An Asian-inspired McDonald's makeover attracts customers

The only familiar signs at the McDonald's in Hacienda Heights, Calif., a large Asian community, are the golden arches, the drive-through and the menu.

Gone are the plastic furniture, Ronald McDonald and the red and yellow palette that has defined the world's largest hamburger chain. Leather seats, earth tones, bamboo plants and water trickling down glass panels have taken their place.

The makeover elements are meant to help diners achieve happiness and fortune — whether they realize it or not.

That's because the restaurant was redesigned using the principles of feng shui, the ancient Chinese practice of arranging objects and numbers to promote health, harmony and prosperity.

The concept is an unlikely fit with fast food. But the restaurant's owners say the designs are aimed

The designs are aimed at creating a soothing setting that will encourage diners to linger.

at creating a soothing setting that will encourage diners to linger over their burgers and fries, and come back again.

The makeover is part of the attempt by McDonald's Corp., in recent years to remodel hundreds of its restaurants to attract more

patrons with unique decor and amenities that might entice them stay awhile.

It also fits into McDonald's larger corporate practice of catering to local tastes, such as a fondue-style burger in France or a pita-wrapped "McArabia" sandwich in the Middle East.

"We can't look too cookie cutter," Mark Brownstein, one of three owners of the restaurant, said about the new decor.

The basic principles of feng shui include placing strategic representations of five natural elements — earth, water, fire, metal and wood — around the room to increase the flow of chi, or energy.

Feng shui (pronounced fung

INSIDE

Leg up: Pants are replacing hip jeans | 35



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People: Britney sees her children again | 38

PHOTOS BY RENE MACURA/AP



SUPERSIZED ZEN: The feng shui elements of fire, water, metal and wood are used in a McDonald's in Hacienda Heights, Calif.

Fast Food Feng Shui

shway) has been employed in the designs of high-rises, banks, even zoo exhibits, and has been popularized by countless coffee table books and TV shows such as HGTV's "Fun Shui." It's also used in the designs of the Panda Express Chinese food chain.

The McDonald's in this Los Angeles suburb boasts wood ceiling, silver-coated chairs, as well as red accents throughout the dining area to symbolize fire and "good luck, laughter and prosperity," said Brenda Clifford, who designed the dining area.

The textured walls patterned after ocean waves symbolize "life and relaxation — the balanced things that you want in your life," she said.

Customers are responding positively, whether or not they recognize the feng shui elements.

"When we first walked in, we were amazed, we were happy we skipped the drive-through and went inside," Andrew Chen, 20, said while



Red accents, which symbolize fire, appear throughout the unique McDonald's.

lounging in a white leather booth with a friend.

Two workers at the nearby post office said they've been taking more lunch breaks at the remodeled McDonald's, which opened in late December.

"We're here two, three times a week," Waldo Alfaro said as he munched on a Filet-O-Fish and a salad. "It's relaxing, you don't feel any pressure here."

Nevermind that this is the same McDonald's that's been vilified by critics over its artery-clogging Big Macs and fries.

The buzz about the feng shui McDonald's is starting to attract curious onlookers.

"It's successful as a design. It's got a very clean, open, airy appearance," said Elaine Bjorklund, a University of Western Ontario professor, who was in town visiting a friend.

"I'm not a McDonald's habituee," she added as she snapped pictures. "It would be interesting to see if this trend will spread." DAISY NGUYEN (AP)

The Buzz About Bugs

Food

Insects could be a valuable food source during emergencies

Crickets, caterpillars and grubs are high in protein and minerals and could be an important food source during droughts and other emergencies, according to scientists.

"I definitely think they can assist," said German biologist V.B. Meyer-Rochow, who regularly eats insects and wore a T-shirt with a Harlequin longhorn beetle to a U.N.-sponsored conference this month on promoting bugs as a food source.

Three dozen scientists from 15 countries gathered in Chiang Mai province, Thailand, home to several dozen restaurants serving insects and other bugs. Some of their proposals were more down to earth than others.

A Japanese scientist proposed bug farms on spacecraft to feed



A woman holds a pan of fried bamboo worms in Chiang Mai province, Thailand.

astronauts, noting that it would be more practical than raising cows or pigs. Australian, Dutch and American researchers said more restaurants are serving the critters in their countries.

The U.N. Food and Agriculture Organization estimates 1,400 spe-

cies of insects and worms are eaten in almost 90 countries in Africa, Latin America and Asia.

"In certain places, ... insects can very well be seen as part of the solution" to hunger, said Patrick Durst, a Bangkok-based senior forestry officer at the FAO.

In certain places ... insects can very well be seen as part of the solution [to hunger]."

PATRICK DURST, U.N. FOOD AND AGRICULTURE ORGANIZATION

The challenge, experts said, is organizing small bug food operations in many countries so they can supplement the food that aid agencies provide. The infrastructure to raise and market bugs is almost nonexistent in most countries.

Prof. Arnold van Huis, a tropical entomologist known as "Mr. Edible Insect" in his native Netherlands, blamed a Western bias against eating insects for the failure of aid agencies to incorporate bugs into their mix.

"I would urge other donor organizations to take a different attitude toward this," van Huis said. "It's excellent food. It can be sustainable with precautions."

There are questions about the safety of eating bugs and potential dangers from over-harvesting them, said Durst, who became interested in the practice — known scientifically as entomophagy — during his years working in Bangkok, where crickets and bamboo worms are sold as food by street vendors.

Tina van den Briel, senior nutritionist at the World Food Program, the U.N. agency that provides food in emergencies, expressed doubt that insects can benefit large, vulnerable populations. Most bugs are seasonal and have a short shelf life, she said.

"They can be a very good complement to the diet," said van den Briel. "But they do not lend themselves to programs like ours where you transport food over long distances and where you have to store food for a few months."

She suggested a more practical benefit might be adding insects to animal feed or crushing them into a meal powder that could be used to make cookies or cakes.

Meyer-Rochow said aid agencies could even harvest crop-destroying swarms of insects.

"These mass outbreaks could be a valuable food source," he said. "If the technology is available, they could be ground up like a paste and added to the food humans eat."

MICHAEL CASEY (AP)

5 Day Forecast for the Washington Area



Cloudy, breezy, rain, thunder

52°



Decreasingly cloudy, windy, colder

34°



Partly sunny, windy, colder

40° / 26°



Mostly sunny

42° / 28°



Partly sunny, rain or snow at night

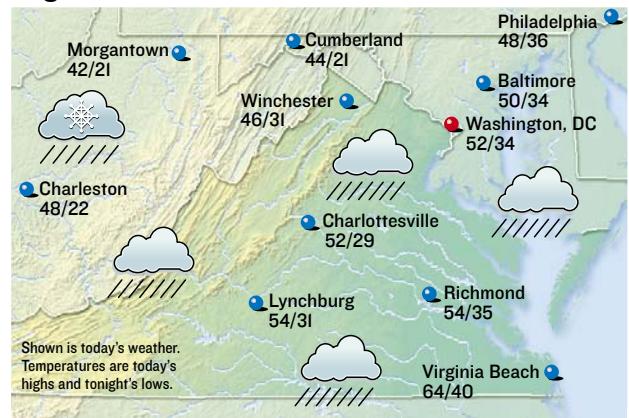
48° / 34°



Partly sunny, windy

49° / 32°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2008

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

| | |
|------------------------|-----|
| High | 50° |
| Low | 38° |
| Normal high | 49° |
| Normal low | 32° |
| Average humidity | 55% |

Precipitation

| | |
|-----------------------------|-------|
| 24 hours ending 4 p.m. | Trace |
| Month to date | 4.08" |
| Normal month to date | 2.31" |
| Year to date | 5.45" |
| Last year to date | 4.68" |
| Normal year to date | 5.52" |

For up-to-the-minute weather, see: washingtonpost.com/weather

Regional Forecast

D.C. Metro: Today, cloudy, rain,

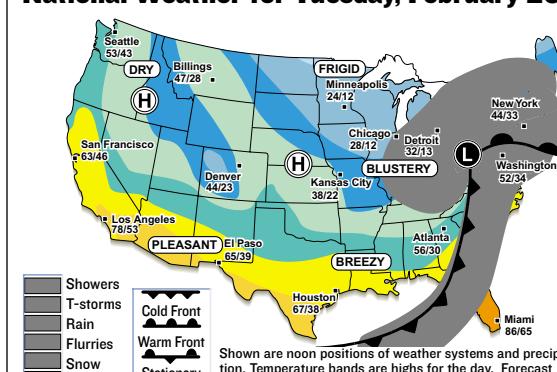
a thunderstorm. High 52. Wind south 10-20 mph. Tonight, decreasingly cloudy, windy, colder. Low 32.

Sun and Moon

| | |
|----------------------|------------|
| Sunrise today | 6:46 a.m. |
| Sunset tonight | 5:57 p.m. |
| Moonrise today | 11:53 p.m. |
| Moonset today | 9:02 a.m. |



National Weather for Tuesday, February 26



National Cities

| City | Today Hi/Lo/W | Wed. Hi/Lo/W | City | Today Hi/Lo/W | Wed. Hi/Lo/W |
|---------------|---------------|--------------|--------------|---------------|--------------|
| Atlanta | 56/30/t | 45/28/pc | Amsterdam | 48/37/r | 48/37/pc |
| Boston | 42/34/r | 38/19/sf | Athens | 64/45/s | 64/45/pc |
| Chicago | 28/12/sn | 23/9/pc | Berlin | 52/37/r | 43/36/c |
| Dallas | 58/34/s | 63/43/s | Buenos Aires | 86/68/t | 82/68/pc |
| Denver | 44/23/s | 55/29/s | Calgary | 44/22/pc | 43/24/c |
| Honolulu | 79/67/s | 81/69/s | Dublin | 46/37/pc | 48/36/pc |
| Los Angeles | 78/53/s | 76/53/s | Geneva | 59/45/r | 53/47/r |
| Miami | 86/65/pc | 71/48/t | Moscow | 34/30/c | 36/32/sn |
| New York City | 44/33/r | 35/21/sf | Rome | 61/46/pc | 63/37/pc |
| Orlando | 82/52/t | 60/40/pc | Sydney | 78/68/c | 82/68/pc |
| Seattle | 53/43/c | 52/41/sh | Tokyo | 52/40/r | 47/33/pc |

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

Styles

LOOK
out



Proenza Schouler (above) and Alexander Wang (right) showed slacks in NYC.

Power Pants

Gives the jeans a break and try a pair of trendy trousers

When was the last time you stepped into a pair of proper trousers, ladies?

With jeans and dresses dominating our closets these last few years, pants have been getting a bad reputation — and for good reason. Black slacks once were so ubiquitous as office wear that we might as well have been wearing hospital scrubs.

With the waning popularity of premium denim (begone, \$200 jeans!) and the shift toward dressier, more powerful silhouettes, a pants revolution is fast upon us — and we're not talking elastic-waist slacks.

Think Hepburn or Hutton, Dietrich or Hall (as in *Annie*). The new silhouette is dramatic and wide — slouchy around the middle or slightly high on the waist. When done well, pants narrow your waist

and lengthen your legs.

Call it the power pant and get ready to see versions of it everywhere: Designers, including Proenza Schouler and Alexander Wang, showed glam versions of the look on New York's runways.

Los Angeles fashion designer Arianna Pistilli, a former accessories designer for Trina Turk, so believes in the versatility of trousers that this month she's launching a collection based around them, called Parker & Barrow (the surnames of Bonnie and Clyde).

Pistilli offers tips on how to work the new silhouette:

NIX THE FLARE

Pant legs should flow seamlessly from waist to floor, Pistilli says, and move like liquid around your feet. "Look for a smooth break at the knee," she says, "not an obvious flare — that's dated."

KEEP IT LONG

The new trousers aren't just for tall women. "A higher rise helps shorter



girls," Pistilli says. "It increases the length of waist."

MENSWEAR

It's tempting to think you should always offset menswear-inspired

trousers with feminine tops and sweaters. But if you're going for that legendary look, "any object ... made for men is your ideal pairing,"

Pistilli says — "vests, button-downs, ribbed undershirts, long and thin cardigans, tuxedo shirts. They're things that aren't archetypally feminine, but when you carry off a menswear look, it's very Katharine Hepburn."

SHOE SCENE

Power pants beg to be worn with heels — from stilettos to wedges to platform sandals (if you're going for that 1970s "Three's Company" vibe). Make sure the pants partially cover your shoes or you'll be sporting cropped wide-leg slacks, a total fashion faux pas. But you don't have to be in heels to look cute in the new silhouette: "You can definitely wear flats, but your pants have to be perfectly hemmed, and don't, under any circumstances, cuff them. You will look stumpy."

PARTY PANTS

After hours, Pistilli funks up her pants with "more playful stuff on top, like a Brian Lichtenberg octopus-printed tank top or an old Byrds concert T-shirt. Then, I like fitted jackets — not blazers — that hit at the hip." Careful to keep it age appropriate: "Wearing a T-shirt with little spacemen on it will make you look like a raver if you're past a certain age."

BAGS AND BAUBLES

"Big earrings and an armful of big wooden bracelets — or a clean cuff — look amazing," Pistilli says. "It's also a good time to rock a great necklace."

BOTTOM LINE

"Pants have an edge over jeans because they differentiate you from 97 percent of the walking public," Pistilli says. "And they highlight a woman's form in a way that's less obvious than wearing a tight skirt. You stand differently in pants. It's like, even if you're not going to romp around, you could if you wanted to." EMILI VESILIND (L.A.TIMES)

Beauty

Mmm, Breakfast



In another step toward an entire diet of lip gloss, Smashbox's **GREEN ROOM HYBRID 2 IN 1** (\$19, Smashbox.com) is the consistency of cold syrup and tastes of said condiment on pancakes. (Where is the bacon gloss?!)

But the actual point of interest here is the whole Green Room line, a set of four products in either biodegradable or recyclable packaging. A recyclable lip gloss tube is a first, to our knowledge. And because all makeup must now support the propagation of a trendy fruit in a foreign country, a Moringa tree will be planted in a developing nation for every purchase.

HOLLY J. MORRIS (EXPRESS)

Beauty



Feathered Friend

Finally! A new use for marabou! Once relegated to bedroom slippers and the occasional boa, the feathers now top Laura Mercier's **DIAMOND DUSTER** make-up brush (\$22, Lauramerclier.com). The fluffy implement is specifically designed to apply a scant sparkle of LM's **MINERAL BODY POWDER** (\$34) and it is wonderfully effective at it. However, we believe the noble marabou and its Diamond Duster could do so much more. Prop for the world's smallest French maid uniform? Captivating cat toy? Fishing lure on its own tiny rod? Considering what an ugly stork bird the marabou is (thank you, Google!), we're sure it could use the extra work. ERIN CLEMENTS RUSHING

Lookout Online

 readexpress.com

site specifics

MUSIC

Rhythm Generations

Singer Petrona Martinez is an heiress to a long musical bloodline. But she didn't become an icon until age 63, when she came to embody the Afro-Colombian folk-dance music known as "bulerengue." Johnathan Rickman chatted with Martinez, who croons at the Kennedy Center on Tuesday. | COMING UP



SOUND BETS

Norwegian Would

Matias Tellez is just 18 years old, but his crisp guitar pop sounds like that of a 24-year-old—in 1966 London. The Norway native's Beatles-esque melodies enticed Sony BMG to sign him, and you can catch the video for his new single, "Brand New Kicks," on our home page. | ONLINE NOW

FREE RIDE

New Dog in Lunch Race

Vending machines have evolved well past the days of serving strictly watery coffee and sugary snacks to dreary office workers. Marc Zawel examines the latest in machine-made eats: Hot dogs—served up fresh by Alexandria-based LHD Vending Systems. | ONLINE NOW



comment board

“In a nation of nearly

310 million people, it is shameful that there are only two dominant political parties. That leaves out a whole lot of views, and a whole lot of voters."

COMMENTER PC DREW, WHO ADDED, "YES! I TAKE RALPH NADER VERY SERIOUSLY — BUT I WISH HE HAD MORE COMPANY!"

“Not this time

around. Nader is merely a protest vote for those who don't like our current two-party system."

COMMENTER EJB, WHO ADDED, "THIS TIME AROUND, THOUGH, PEOPLE WILL REMEMBER EXACTLY WHAT CASTING A PROTEST VOTE WILL GET YOU — GEORGE W. BUSH."



"No. I think he is a narcissistic pest.

I wish he would drive off in a Chevy Corvair into the sunset. He is a pest like the cicada that comes around every so many years to annoy us."

COMMENTER G. SHERARD, RESPONDING TO MONDAY'S POLL CENTER QUESTION: "DO YOU TAKE RALPH NADER SERIOUSLY AS A PRESIDENTIAL CANDIDATE?"

pollcenter

YESTERDAY'S RESULTS (AS OF 5 P.M.)

DO YOU TAKE RALPH NADER SERIOUSLY AS A PRESIDENTIAL CANDIDATE?

NO 90%

YES 10%

SEE HOW YOUR METRO STATION VOTED AT READEXPRESS.COM/POLLCENTER.PHP

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“... [T]he texture could be due to the totally low fat content caused by using skim milk. But whatever. It's sweet, it's salty, it's delicious ...”

JORDANBAKER.BLOGSPOT.COM IS VERY PROUD OF HER RECIPE FOR BACON ICE CREAM.



"IT'S TAKEOUT. I give a 10% tip for takeout and I think that's totally acceptable. The person who brings you a takeout order put it together and put it in a bag. They didn't spend the whole night going back and forth from the kitchen to your table."

A CONSUMERIST.COM COMMENTER BLASTS A JOHNNY ROCKETS LOCATION IN FLORIDA THAT AUTOMATICALLY CHARGES A POST-SALES TAX GRATUITY FOR TAKEOUT ORDERS.

"WE KNOW that Sean [Taylor] detested losing, but he would be proud of his brothers for playing the way [they] played those final five weeks, and he would flash that brilliant smile of his to see the enormous outpouring of love shown by the Redskins community."

A THEREDSKINSREPORT.COM CONTRIBUTOR REVIEWS THE REDSKINS' '07 SEASON.

"... A HAWK ... on 11th Street! At this point, the hawk is staring at me and I could easily see from its eyes that it was telling me to back ... up. And back up I did.... The hawk had just killed a pigeon ... on 11th Street."

PRINCEOFPETWORTH.COM WITNESSED A RECENT BIRD KILLING IN SHAW.

“... Then I realized just how much it would suck to come to work every day on the Metro to see ads that you should be fired.”

DC.METBLOGS.COM REACTS TO METRO STATION ADS CALLING FOR U.S. TRANSPORTATION SECRETARY MARY PETERS TO BE FIRED FOR ALLEGEDLY BREAKING THE LAW AND IGNORING CONGRESS.



Discussions

Michael Wilbon

Post columnist **MICHAEL WILBON** was online Monday talking about the possibility of the NBA expanding into Europe, the best college players in the area and who he thinks is the most important black athlete in sports.

Lots of rumors about the NBA expanding into Europe — would it be good for the game or would another five teams diminish the talent pool that's expanded as a result of more international players?

You can't have five additional

teams in the NBA. That dilutes the talent pool dramatically. The NBA has to figure that out ... I know some proponents of contracting a couple of teams, which would really amount to reconfiguration ... I'd like to see it.

In Monday's Sports section, there was a list of the best college players ever to play in this area, and David Robinson was listed No. 1. Do you agree, and if not, who was the best area college player you ever saw?

I'm going with Ralph Sampson, Patrick Ewing, David Robinson, Len Bias, Buck Williams, Alonzo Mourning, Reggie Williams, Allen Iverson, Juan Dixon, Charles Smith, Othell Wilson, Adrian Branch, Joe

Smith. God, I'm leaving out people, I know. But that's my list off the top of my head.

I watched the HBO show about Joe Louis. Who in your opinion is the most important black athlete in sports: Joe Louis, Jesse Owens or Jackie Robinson?

I tend to flip-flop here. Some days I think Jackie Robinson. Some days I think Jack Johnson. Some days I think Joe Louis. I was flying during the initial airing of that HBO documentary. I can't wait to watch it.

TODAY ON DISCUSSIONS: Post writer Marc Kaufman will be online to discuss plans to put telescopes on the far side of the moon at 11 a.m. | washingtonpost.com/discussions.

DO

CHECK YOUR TINTS, FREDERICK. State and local police in Frederick County, Md., are cracking down on car windows with too much tint. Maryland law requires at least 35 percent of outside light to pass through the glass. Starting March 1 police will begin stopping vehicles that violate the mandated limits.

LOOK out

Bizarro | Dan Piraro**Pooch Cafe** | Paul Gilligan**Pearls Before Swine** | Stephan Pastis**The Duplex** | Glenn McCoy**Cornered** | Mike Baldwin

"My advice is simple: Never spend more than you steal."

Horoscope

By Stella Wilder

PISCES (Feb. 19-March 20) You're likely to assume a more dominant role, little by little, throughout the day. After dark, others may be surprised by your prominence.

ARIES (March 21-April 19) If at first you don't succeed, you may have to move on to something else—as you're not likely to get a second chance this time around.

TAURUS (April 20-May 20) Jealousy, while unbecoming to anyone, is certainly not for you. Do what you can to keep an open, accepting mind at all times.

GEMINI (May 21-June 20) You may be taking things far too personally. Take care that you don't misinterpret another's words or actions.

CANCER (June 21-July 22) You will be pleased with your own progress, provided that you stick to the game plan and avoid improvising needlessly.

LEO (July 23-Aug. 22) You're likely to find the hint of what is to come rather exciting—and quite motivating, as well. Energy

is running high.

VIRGO (Aug. 23-Sept. 22) Give yourself more of an opportunity to realize your wishes. You have more personal power than you think; you can use it more wisely.

LIBRA (Sept. 23-Oct. 22) How sympathetic you can be toward someone in need is a test of character—and you can pass with flying colors. Get the lay of the land.

SCORPIO (Oct. 23-Nov. 21) You'll find yourself wishing for more—and now all you need is to gather the strength and willpower to make it all come true for you.

SAGITTARIUS (Nov. 22-Dec. 21) You're going to have to keep your confidence in check if you don't want to get carried away and find yourself in over your head.

CAPRICORN (Dec. 22-Jan. 19) You're going to want to get an early start, as your docket is full and you cannot afford to skip over any responsibilities.

AQUARIUS (Jan. 20-Feb. 18) You're in the mood for a little romance, and you can have it—provided you set the stage in such a way that your intended gets the message.

Letters

Vols Win Deserved Coverage

I WAS EXCITED to turn directly to the Sports section today to read how the Tennessee Volunteers upset the No. 1 Memphis Tigers Saturday night in not only a statewide-show-

down but a game of national consequences. But there was not one word in the section about the game. Yes, the Nationals are big news and yes, it is the start of spring training. But the countdown to March Madness has begun. This is a story that should have been mentioned.

— ALICIA GEHRING
Fairfax, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1815 Napoleon Bonaparte escapes from exile on the Island of Elba.

1870 An experimental air-driven subway, the Beach Pneumatic Transit, opens in New York City. (The tunnel was only a block long, and the line had only one car.)

1919 Congress establishes Grand Canyon National Park in Arizona.

1987 The Tower Commission, which probed the Iran-Contra affair, issues its report, which rebuked President Reagan for failing to control his national security staff.



Firefighters inspect the damage of the 1993 bomb at the World Trade Center.

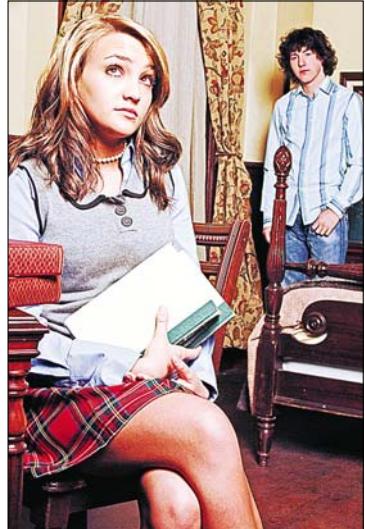
1993 A bomb built by Islamic extremists explodes in the parking garage of New York's World Trade Center, killing six people and injuring more than 1,000 others.

LOOK out People

STANDARDIZED TESTING

Wait. People Take the ACT?

Britney's pregnant 16-year-old sister, **JAMIE LYNN SPEARS**, has passed her high-school equivalence exam, People.com reported. She did particularly well on reading comprehension, the anonymous source told the Web site. "She's going to get her diploma. She wants to take her ACT. She's not wasting any time. People don't know her. When she gets something in her head, she'll make it happen. Everybody is so supportive of her," said the friend. All this finally explains the scandalous photo shot last month showing Spears carrying a GED book outside a GED preparation center. (EXPRESS)



And this is how she got pregnant.



They've always had a life of their own.

MAVERICK

Singer Doesn't Lip Sync



ALICIA KEYS postponed two concerts on her European tour after being put on vocal rest by her doctor, her publi-

cist said Saturday. Keys, whose latest album, "As I Am," has sold millions of copies worldwide, was supposed to perform Monday in Glasgow, Scotland, and Tuesday in Manchester, England. But the singer was told to spend the next few days off the stage because of laryngitis, her publicist said in a statement. (AP)



Next year, they'll all be back at Vanity Fair. He was just a candle in the wind.

TRANSLATION

'Guests, I Reward You for Having Nowhere Else to Go'

With Vanity Fair sitting out this year's celebrations, the belle of the Oscars parties was a piano playing **ELTON JOHN**. The singer's annual viewing dinner and after-party benefiting the Elton John AIDS Foundation topped other bashes, with 750 guests. John pounded out 11 songs, the first time in years he has played a full set with a full band at his own party. (AP)

VISITATION

Redemption, Y'all?

BRITNEY SPEARS was allowed to see her two children again Monday, People.com reported. Kevin Federline's bodyguard delivered Preston and Jayden to her home for three hours. She saw her children for the first time in months on Saturday. Meanwhile, her father is seeking to swiftly put an end to a civil rights challenge to his control of his daughter's affairs. (EXPRESS)

APPENDAGES

Company Hires First-Ever Spokesbosoms in History

Although **JILL SCOTT** loves her curves, her ample bustline has caused her plenty of pain. "I have large breasts," Scott said. "I need something that can support [them]." She believes she's found a solution for herself, and millions of other voluptuous women, with her "Butterfly" bra for plus-size store Ashley Stewart. (AP)

PSYCHOLOGY

Hosts Resolve Cognitive Dissonance Differently

WHOOPY GOLDBERG seemed sad and choked up on "The View" Monday when her fellow hosts discussed how she was not included in a montage featuring Oscar hosts during the Academy Awards telecast. Goldberg hosted the event in 1994, 1996, 1999 and 2002. "Maybe they accidentally lost a clip of you hosting. ... But I think it's wrong," Elisabeth Hasselbeck said. Joy Behar said "being slighted is never fun." (AP)

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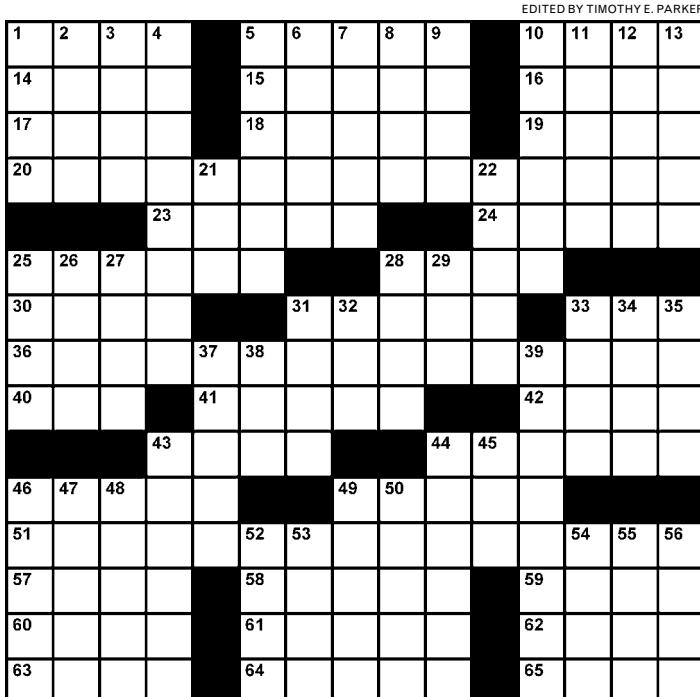
LOOKout

CROSSWORD | JUDGE NOT

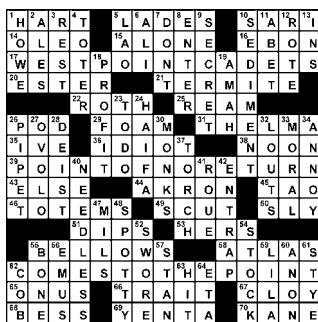
ACROSS

1 Academic session
5 Capital on the Willamette River
10 "Head 'em off at the ___!"
14 A good one may come to mind
15 Anatomical hanger
16 Bulging earthenware vessel
17 Serve up drinks
18 Doesn't have
19 Arabian controller
20 Start of a jury foreman's statement, perhaps
23 Immature egg
24 Expenditure
25 Bank named on a credit card
28 Beam and Brown
30 Honored guest's spot
31 Garlic mayonnaise
33 They're handled by people with handles
36 Judge's comment to the spectators
40 Risk a long nose
41 Close with
42 Highlands hillside
43 Aykroyd and Fogelberg
44 Go-ahead
46 Cold tomato mold
49 Assemblage of eight
51 Music to a prosecutor's ears
57 Atlas datum
58 Institute's institution
59 "Do ___ others as..."

60 Alternative to Prell
61 "I Love a Parade" composer Harold
62 Christmas candy piece
63 Ancient Irish language
64 Marine hazards
65 "Jabberwocky" start
DOWN
1 Bandleader Puente
2 Elysium of Genesis
3 "I'll Cover You" musical
4 Hectic place
5 Element in gunpowder
6 "... but to no ___"
7 "Filthy" money
8 Benevolent & Protective Order of
9 Clipper feature
10 Holey
11 Aboriginal Alaskan
12 "___ Blade" (Thornton film)
13 ___ Domingo (Caribbean capital)
21 "Not a creature was stirring" time
22 A real stand-up guy?
25 "American ___"
26 Bombay garb
27 Part of a square
28 One of the Gospel books
29 "Tact" add-on
31 "No ifs, ___ or buts!"
32 "Am ___ believe ..."
33 Dry, as tobacco

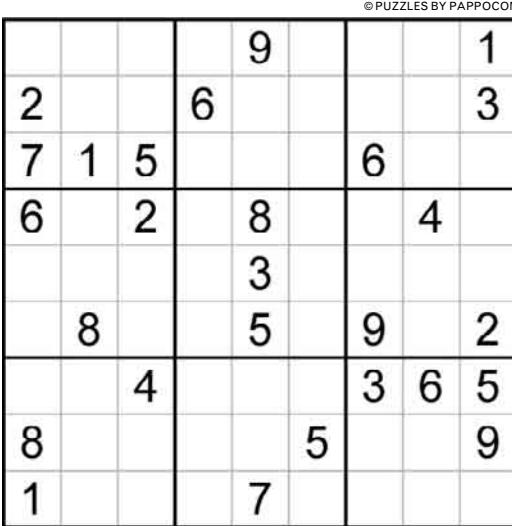


leaves
34 Some flakes
35 "Don't change!" to a printer
37 Acknowledge a stimulus
38 A home away from home
39 Block
43 Cause to expand
44 2004 Olympics city
45 Aegean or Bering
46 Clearly stunned
47 Less ambiguous
48 Harbor structures
49 "Mio" intro
50 Musical staff sign
52 "It Was a Very Good ___"
53 "God's Little ___"
54 Emulate a mouse
55 1949 erupter
56 Carries out

Yesterday's Solution

SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See www.sudoku.com for solution, tips and computer program.

Need more Sudoku?
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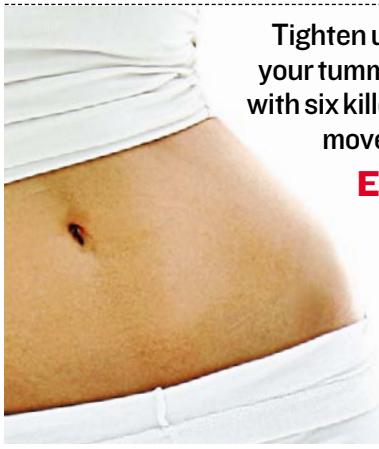
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E5



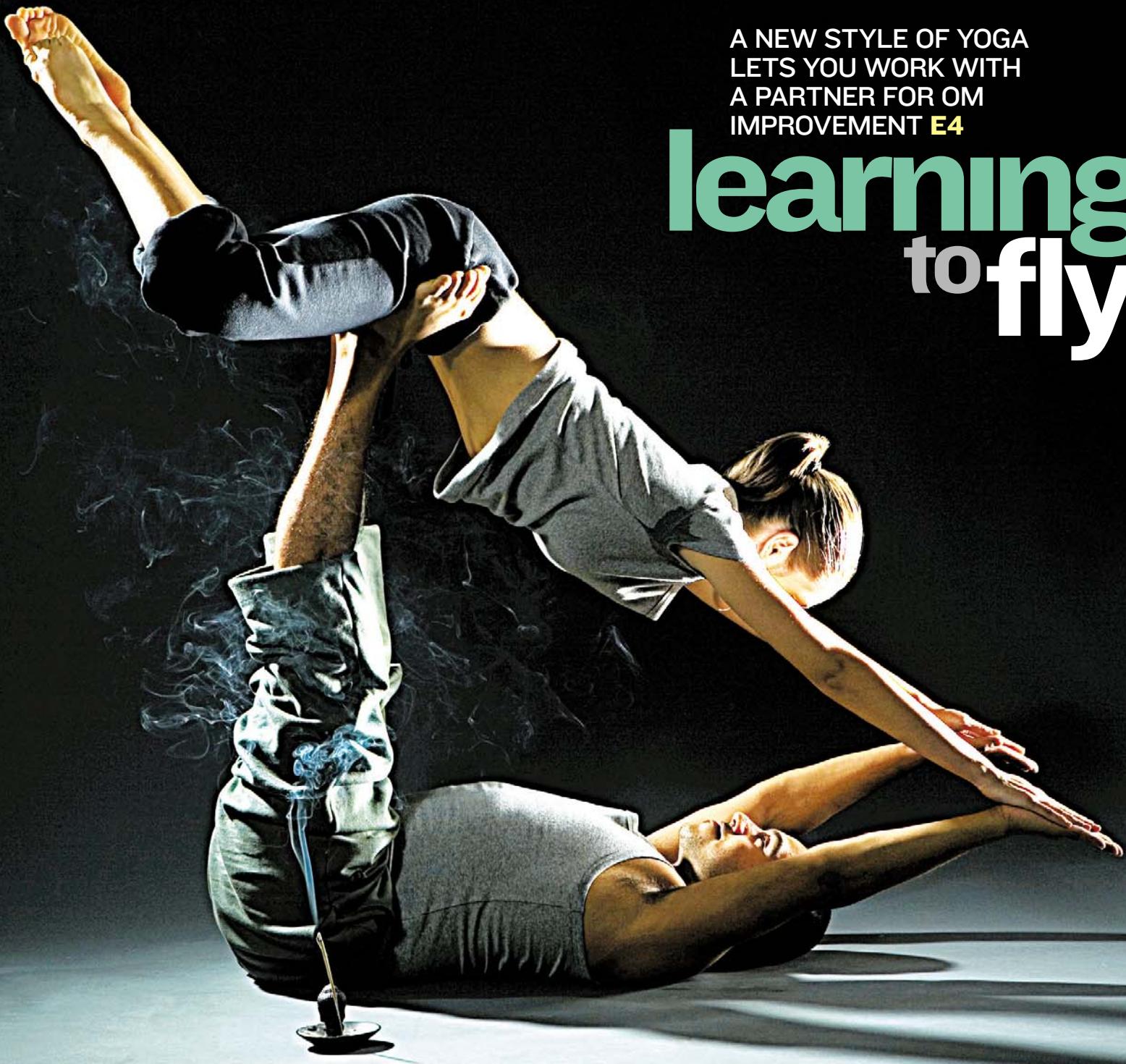
Under the skin lie some incredible super powers **E7**

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learning to fly



GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT

The Sad Plight Of Men Versus The Universe

Q You printed a letter from a man interested only in "very hot women." It was an important idea I hope you'll explore further. I am a male in my early 40s who also cannot get interested in women unless they are attractive — not supermodel/unrealistically hot but simply physically attractive. People call it "chemistry;" I prefer the term "biology." I'm rarely attracted to women even close to my age. I feel the cosmos is against American men nowadays: Women peak so early. They look great at 16 and are in decline by 30. Meanwhile, they spend their 20s avoiding commitment and concentrating on their careers. Then into their 30s they start thinking of kids after they have denied suitors of their best years and can't offer men what they want (someone cute to care for). Something seems broken. Can you help us? —DC DATING



"I may have the emotional maturity of a caveman, but you're almost 29 years old."

ERIC REECE

Hmm. I'm starting to wonder if by "physically attractive" what you really mean is "young enough to be confused with Miley Cyrus."

I'm not calling you a pedophile, but women "look great at 16?" Are they even women then? Everyone has different tastes, but to claim as a 40-something that you want a woman who's "simply physically

attractive" but then write off any women over 30 seems a bit disingenuous, and I wonder what's under the surface of that.

I don't view this as much as a battle of The Cosmos versus Men so much as Your Own Tastes versus You — you probably have some blinders on that are self-sabotaging. There very well might be some-

thing deeper here preventing you from connecting — and truly feeling attracted to — a more satisfactory range of women, and talking it through with a professional (yes, perhaps even one who spent her 20s on her career) might really help you find love.

ate with her is a lack of respect for me on his part. —ANONYMOUS

How do you know she's trash-ing you behind your back? If your boyfriend is playing messenger about all this behavior, then that seems like the biggest violation: His colluding in letting someone talk negatively about you, and then flaunting it in your face. If it's rumor, then it seems he's hiding something hurtful, and thus he owes you an explanation as to the truth.

Instead of coming up with an all-or-none demand of no contact with the lovely ex, you'd be better off having a deeper conversation, sans ultimatum, about the nuances of why you're really concerned. Indeed, his behavior seems disrespectful, not because of the contact itself, but because of — and this would be a great name for a band — the context of the contact. If he doesn't really get that, then it's a big problem, whether he keeps talking to her or not.

@ Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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| 4 | 5 | 8 | 7 |

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STRONG MEDICINE

Paging Dr. Rodney Yee! The yoga star is showing off his poses on a new series of DVDs developed by the Mayo Clinic and Gaiam (\$20, Gaiam.com) geared to specific conditions, like insomnia, IBS and diabetes. Get the basics from a doctor, plan your menu with a dietitian and then meditate and move with Yee.



MIRACLE SMILE

The French care deeply about what they put in their mouths, and that extends to toothpaste—which is why they adore Elgydium. Once only available in snobby boutiques, the oral care line is now being released to the American masses (a tube of Whitening is \$10 at Amazon.com).



CO(R)NCEALED

Too lazy to puree squash to sneak into your mac & cheese, like Ms. Seinfeld? Get your veggie fix with Yotta Bars (\$14.50, Amazon.com), granola snacks made with bits of peas, beets and asparagus. Orange manages to hide its secret, but apple cinnamon? Not so much.



WIN BY A NOSE

Perfume might drive him wild, but for your pleasure, stick on a Scentuelle (\$35, Scentuellepatch.com), a tiny, clear patch that promises to release aromas that mimic dopamine. When we sniffed, we found hints of car freshener, dishwashing soap and baby powder. Sexy.

GUINEA PIG



Make It Choice

If college students and starving artists were prone to hypertension, the mountains of sodium in their fifth food group—ramen—would have weeded the herd a long time ago, leaving only young people who could afford to eat normally. Luckily for us, ramen has not yet affected the gene pool in this manner.

Nissin's new version of Top Ramen, dubbed "Choice," will have even less impact on the Class of 2010. With 80 percent less fat (clocking in at one gram per serving, two servings per package) and 25 percent less sodium (480 grams, less than reduced-sodium Campbell's kids' soups), the stuff is less unhealthy than the old-school variety. It has the same mild chicken flavor as classic Top, though the consistency is more rubbery. Is it a complete meal? No, of course not. It's noodles and water. And like all ramen, it is impossible to stuff a wad into one's mouth without splattering broth all over one's face. We just hope that's fixed in the third generation.

HOLLY J. MORRIS (EXPRESS)

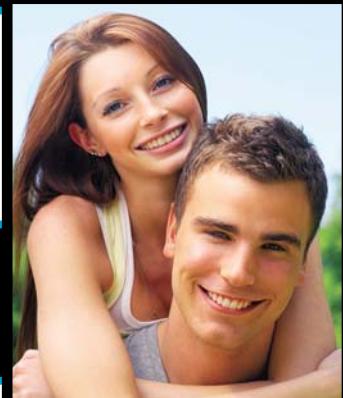


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THE MISFITS

Tread Dread?

Q When I run (usually on a treadmill), I'm exhausted afterward. But when I run outdoors, I feel stronger after I'm done. I think this is because I slow down noticeably when I run outdoors. But is it actually better that way? If I'm exhausted after a workout, does that mean I'm overdoing it? —DON

■ The funny thing about running on a treadmill is that it should be easier than taking it to the streets — that rotating rubber belt propels you forward, requiring less energy. But, in reality, when man meets machine, the results can be disastrous, says Mike Broderick, co-owner of Running Strong (Runningstrong.com, 240-338-2210), a District-based coaching service.

"On a treadmill, people think they ought to run a certain pace. So they'll crank it up and hold on for dear life," he says. But when you're outside, without numbers flashing in your face, it's easier to follow the rhythms of your body: "You don't need to hit anything. You just slow down."

That's likely your story. When you're away from the treadmill, you're more attuned to your perceived exertion and adjust accordingly.

The easiest way to check if you're working enough is by calculating your heart rate. For most training runs, Broderick recommends staying between 65 and 75 percent of your max (which is usually about 220 minus your age). Once or twice a week, he gives you permission to go all out and hit 80 to 85 percent, but those runs should be shorter, and they require more recovery time.

He suspects you're subconsciously doing the former outside and the latter on the treadmill, which explains why you're so spent after those indoor runs.

"You should feel tired, but invigorated," Broderick says. "If you feel tired and overwhelmed, you've probably done too much."

@ Vicky Hallett is one of the Misfits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact The Misfits at misfits@washpost.com.

Take Your Yoga to New Heights

Once you try to fly, you're never going to want to come back down

When you're a kid, there's nothing cooler than getting picked up so you can pretend to be Superman. A couple decades later, that's still true — hence, the rise of AcroYoga, a blend of traditional poses, acrobatics and Thai massage, which resembles what would happen if Superman grew up and joined Cirque du Soleil.

"It's what serious yogis do for fun. Doing it with two people is the only way yoga can be even better," explains Mike Graglia, who got hooked on the practice in New York, where frequent "flying" is popular. Now he and Vanessa King are helping get it off the ground in D.C., too, by teaching a regular monthly workshop at Flow Yoga.

What It Is

At the beginning of last month's meeting, Graglia told his students, "This class is supposed to be like a sample of crack." And there's no question that even first timers managed to get high. But the sessions start on the ground, with everybody lining up their mats close together so that the floor is almost carpeted. Then the students form a circle for collective stretching and breathing exercises, which serve to make the touching to come less awkward. Because the next part — the flying! — requires getting seriously physical with your neighbors (as in toes meeting tushes and other sensitive body parts).

Moves

No one can go up into the air without a "base," the partner with supportive palms and feet who lies down on his or her back while the "flier" shows off up above. "It's different to balance someone else's body weight instead of just your own," notes student Brad Johnson, 31, while trying to get the hang of it.

In most of the beginner moves, the base has the more challenging gig, both in terms of skill needed and physical exertion. One of the

work
it out



UP AND AWAY Mike Graglia, bottom, demonstrates how to keep a flier steady by picking up a first timer at Flow's Flying Yoga class. Most people could do this. Really.

back bends Johnson and classmates tackled last month required the fliers to simply lean backward, while the bases had to push up their legs at a 90 angle to keep them steady. Once that's done, the flier can grip his or her legs to get into bow pose, or several other variations.

Not only is it a stunning sight, it's also a way to feel a familiar pose in an entirely new way. "He was supporting me on my sacrum so my whole back could decompress. It gave the spine freedom," Lisa Rondinelli, 26, marveled.

Workout

Entry-level flying requires little beyond a willingness to fall down and, for bases, the ability to straighten one's legs completely. Certainly, familiarity with yoga helps, but it isn't necessary to get started. With communication concerns (along the lines of "Your T-shirt is in my foot" and "I'm falling down") keeping the brain occupied, it's easy to forget you're sweating, too. "You're so busy connecting with another person that you're not thinking about the workout," Graglia adds.

Spend enough time perfecting a new pose, though, and both parties feel it. That's why every class ends with a massage moment called "leg love," a series of partner stretches.

Crowd

Since the phenomenon of flying is still a relatively new concept in D.C., most of the students are curious rookies. But there are also a handful of participants who "jam" regularly with other fliers and can lend a hand when too many newbies are toppling over each other. And although there are more women than men, it's a guy-friendly environment — after all, everyone is looking for a base their size or larger. The mix lends itself to an environment that's much more social than a typical yoga class. You're meeting people, falling on top of them and giggling, which makes it all the more magical when the balance is just right. **VICKY HALLETT (EXPRESS)**

Flying Yoga is held the first Friday of every month at Flow Yoga Center, 1450 P St. NW, from 8 p.m. to 9:20 p.m. The next class is March 7. To register, go to Flowyogacenter.com, or call 202-462-3569. A one-class pass is \$17.

Abs-olutely the Best

Spare a minute or two for the six greatest abs moves of all time

Sculpt rock-hard abs with these new takes on a few old classics.

Long-Arm Weighted Crunch

→ This abs exercise targets your upper abs. Lie on your back with your knees bent and your feet flat on the floor. Hold a light dumbbell in each hand and extend your arms straight back beyond your head. Now crunch your rib cage toward your pelvis, keeping your shoulders still and your arms straight. Don't generate momentum

with your arms. Perform 12 to 15 repetitions.

Seated Ab Crunch

→ Sit on the edge of a bench. Grip the edge of the pad and lean back slightly, extending your legs down and away and keeping your heels 4 to 6 inches off the floor. Bend your knees and slowly raise your legs toward your chest. At the same time, lean forward with your upper body, allowing your chest to approach your thighs. Return to the starting position. Perform three sets of 12 repetitions.

Corkscrew

→ This abs exercise targets both the lower abs and the obliques. Lie on your back, with your legs raised directly over your hips. Your knees

should be slightly bent. Place your hands at your sides with the palms down. Use your lower abs to raise your hips off the floor and toward your rib cage, elevating your feet straight up. Simultaneously twist your hips to the right. Hold, then return to the starting position. Repeat, twisting to the left. Do 10 repetitions to each side.

Weighted One-Sided Crunch

→ This abs exercise targets both the upper abs and the obliques. Lie with your knees bent and your feet flat on the floor, and hold a dumbbell with both hands by your right shoulder. Curl your torso up and rotate to the left. Lower yourself, finish the set on that side, then switch directions and repeat, holding the



ISTOCKPHOTO

dumbbell next to your left shoulder. Perform three sets of eight repetitions to each side.

Kneeling Cable Crunch

→ Kneel facing the pulley and hold

the ends of a rope attached to the high cable along the sides of your face. Bend forward, aiming your chest at your pelvis. Return to the starting position, then repeat the movement, this time aiming your chest toward your left knee. Return, then repeat to your right. That's one repetition. Perform three sets of eight repetitions.

Crunch/Side-Bend Combo

→ This exercise targets both the upper abs and the obliques. Lie on your back with your knees bent, feet on the floor, and hands behind your ears. Curl up so your shoulder blades are off the floor. Bend at the waist to your left, aiming your left arm pit toward your left hip. Straighten, then bend to your right. Lower yourself to the starting position and repeat. Perform three sets of eight repetitions to each side. (REPRINTED WITH PERMISSION MEN'S HEALTH MAGAZINE © RODALE INC.)

BODY TALK



Bike Ride Without Pain

Cycling is aerobic and invigorating, but it loses some of its charm when you feel your back burning. The answer to your problems? It's possible you're sitting on it.

If you routinely get a sore back after even a leisurely bike ride, don't just give up on this great exercise. Try this: Tilt the front tip of your saddle down about 10 to 15 degrees.

This simple adjustment takes pressure off your lower spine and pelvis, according to a recent study. When researchers made this adjustment for 40 recreational cyclists who had back pain, the pain went away in 72 percent of the group — and another 20 percent reported significant reduction in pain (British Jour. of Sports Medicine, Dec 1999).

Before you adjust your saddle, though, make sure that your bike is properly fitted for you, says former US Olympic cycling coach Ed Burke, of Colorado Springs, CO.

When you straddle a road bike or hybrid, the bar should be about 1 to 2 inches from your crotch. On mountain bikes, allow 3 to 6 inches.

Adjust your seat height so that your down leg is fully extended when the heel of that foot is on the pedal in the 6 o'clock position. Now put the ball of that foot on the pedal; there should be a slight bend in your knee in the down position.

You should be able to keep a slight bend in your elbows and not feel stretched out when holding the handlebars.

If your bike isn't adjusted properly, check with a local bike shop or bike club to find someone who can properly fit it for you. MICHELE STANTEN (REPRINTED WITH PERMISSION PREVENTION © RODALE INC.)

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Super Powers Under the Skin

A series shows how the human body performs under pressure

A rock climber gets knocked down by a boulder, but he manages to shove it off his body before it sends him flying off a cliff. He's no world class bodybuilder, but sometimes just being an average Joe is enough. "Human Body: Pushing the Limits," a four-part series that debuts on the Discovery Channel this Sunday at 9 p.m., takes a look at what muscles, bones and brains are capable of, especially in extreme situations. Executive producer John Grassie aims to give viewers a peek at the function and performance of nature's greatest invention.



We all have bodies, so how can they be so surprising?

We take them for granted. Your mind isn't only listening to me. It's thinking about thousands of

other things. There's not a computer that's ever been designed that can keep up with that. So we wanted to take the audience on a journey to explore these amazing properties. Think of how strong our bones really are. There's a young man who was ripped through the roof of his home [by a tornado] and thrown over a quarter of a mile and was completely uninjured.

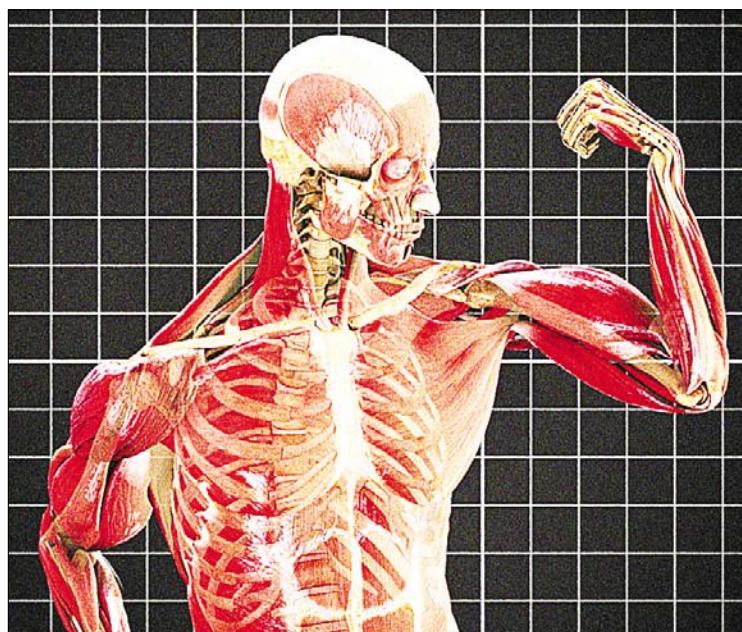
But people are injured all of the time. Isn't he more of an exception?

We're taking specific properties and looking at the potential. If you absolutely have to harness your body in a certain way, you can.

The police officer in the show sprinted faster than many Olympic athletes [to escape a fire]. If you ask him to do it again, he couldn't. But we have the potential to do so if called upon.

Is there a way to tap into these powers without facing certain death?

There's nothing to stop us from trying and exploring our own ability



COURTESY DISCOVERY CHANNEL

INSIDE OUT: Bones are incredible — the thigh bone is stronger than concrete.

to focus our senses in the way we need to. Isn't it somewhat humbling just to take a moment and realize that the potential is in us? In the episode on sensation, there's a sequence on Shaolin monks who've mastered mind over body. They can subject themselves to excruciating

pain and not be fazed by it. People stand on them, they balance on the tips of swords. It's not a demonstration of theatrics, but of their discipline.

Pain isn't something most people should ignore, though, right?

What's important to recognize is that pain can actually be a lifesaver. It's one of the body's built-in protections. If you look directly into the sun, you feel pain. No one's hitting you. So how does your body translate that into pain? Think about that amazing mechanism.

What does science still not understand about the body?

The more we explore, the more we have to explore. Do you ever dream you're flying? The subconscious has the ability to put ourselves in situations that are impossible. We are blessed with the ability to reason and speak, but how does a thought translate into a word coming out of your mouth? What you'll find is this amazing ability of our mind to take in info and make key decisions, and we're not even aware of it.

Is there one body part, beyond the mind, whose power blows you away?

If you think about the muscles, they're thousands of very small minuscule movements that multiply into amazing strength. It's almost a sublime interaction that, taken in toto, provides us with movement, strength and the ability to survive.

VICKY HALLETT (EXPRESS)

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CHEW ON THIS



Ewww, Water

■ We all know how important water is to health — it aids in digestion, curbs hunger by filling your stomach and helps keep skin hydrated. Water can even help you blast fat. One German study found that participants increased their metabolic rate, or the rate at which calories are burned, by 30 percent after drinking just two glasses.

But what if you're a self-proclaimed "water-hater," and you just can't seem to choke down the recommended eight 8-ounce glasses a day? Spruce up plain tap water with a few slices of lemon or lime — you'll get a dose of vitamin C as an added benefit. Or, add a splash of 100-percent fruit juice to a glass of

But what if you're a self-proclaimed "water hater"?

ice water. Use pomegranate or cranberry juice, both of which are packed with antioxidants. If you prefer bubbles, try flavored or plain seltzer water — most are sodium-free and naturally flavored. (But check the fine print if you're trying to avoid artificial sweeteners — some flavored waters contain them.)

And how about this refreshing idea: Add foods to your diet that are water-rich, such as apples, melons, oranges, zucchini and spinach. These, too, can help you feel hydrated, especially if they take the place of salty, processed foods.

@ Kristen Ciuba, MS, is the nutritionist at Results the Gym, in D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Breaking All the Rules

Tweak traditional nutrition advice to stay healthy — and sane, too

Usually, nutritionists and dietitians are full of brilliant ideas that help you eat healthier, stay slimmer and live longer. But once in a while, food gurus forget that the rest of us have limited time, funds and willpower. That's when they spit out bits of wisdom like "Ask your waiter to wrap half your entrée before you start eating." Yeah, he'd be happy to — right after he sticks his thumb in your salade Niçoise. We collected seven of the hardest-to-swallow expert suggestions and replaced them with equally healthy tips.

THE ADVICE

Chug eight glasses of water a day

→ **WHY IT'S USELESS:** Peeing every 20 minutes interferes with life.

→ **THE REAL DEAL:** Yes, we need to be well-hydrated, but if your urine is clear or close to it, you're probably getting enough fluids. If your No. 1 is neon yellow, lighten things up by adding one or two glasses a day. And don't forget that all liquids (including tea, juice, even the tonic in your G&T) help keep your body sufficiently saturated.

THE ADVICE

Don't drink juice

→ **WHY IT'S USELESS:** Juice is a breakfast staple. And we like smoothies.

→ **THE REAL DEAL:** A six-ounce glass of 100 percent juice counts as a full serving of fruit and delivers many of the same vitamins and antioxidants,



GETTY IMAGES

making it worth the occasional sugar rush, says Jessica Ganzer, owner of Ganzer Wellness Consulting in Arlington. And it can be the easiest way to get a superfood: Drinking 100 percent pomegranate juice is easy; picking apart a real pomegranate, not so much. Limit yourself to one glass a day, and you're not breaking any rules of good nutrition.

THE ADVICE

No food after 7 p.m.

→ **WHY IT'S USELESS:** After a long day at the office and a trip to the gym, you eat dinner at 9:30 or starve.

→ **THE REAL DEAL:** The no-food-right-before-bed rule was meant for the nighttime nosher who mindlessly wolfs down a bag of Oreos while

watching "CSI: Miami." If you get home long after dark, a late dinner is perfectly fine. A calorie is a calorie, no matter what time you eat it.

THE ADVICE

Simmer steel-cut oatmeal; don't nuke the instant kind

→ **WHY IT'S USELESS:** The only way we have time for breakfast is if making breakfast doesn't take any time.

→ **THE REAL DEAL:** People usually eat flavored instant oatmeal, which comes loaded with sugar. And steel-cut oats are less processed than the rolled oats used in the just-add-water variety, so they take longer to digest. That said, instant oatmeal still uses whole grain oats (they're just mashed a

bit more), so it comes with most of the same health benefits.

THE ADVICE

Order white-wine spritzers

→ **WHY IT'S USELESS:** Despite the dainty name, it tastes just like what it is: watered-down wine.

→ **THE REAL DEAL:** There's no weight-loss magic in a spritzer, a cup of wine diluted with calorie-free carbonated water. It's just another portion-control trick that trims your total calorie intake, Clark says. Slowly sipping a glass of water between rounds of pinot grigio accomplishes the same goal.

THE ADVICE

Wrap up half your entrée before you start to eat.

→ **WHY IT'S USELESS:** You know you have portion-control issues, but that doesn't mean you want everyone else at your table to know it too.

→ **THE REAL DEAL:** A better way to cut back on restaurant binging is to pretend the breadbasket is sprinkled with cyanide and to double up on veggie sides instead of ordering fries. Also effective: putting your fork down between bites, which gives your stomach and brain time to register that you're full (which takes about 20 minutes).

THE ADVICE

Just one bite of dessert

→ **WHY IT'S USELESS:** It's like telling an addict to have just a little crack.

→ **THE REAL DEAL:** Eating chocolate cake is like watching "Keeping Up with the Kardashians": There's nothing right about it, so just revel in how deliciously wrong it is. A smarter strategy: Before you begin the debauchery, plan for the extra calories — skip the appetizer, the bread, or (ouch) the booze. KATE ASHFORD CARPENTER (REPRINTED WITH PERMISSION WOMEN'S HEALTH MAGAZINE © RODALE INC.)



EATING IN

Sweet-And-Sour Cabbage

TOTAL TIME: 30 MINUTES, SERVINGS: 6

INGREDIENTS: 1 TEASPOON canola oil; 4 OUNCES deli sliced corned beef, cut into thin strips; 3/4 CUP water; 1/4 CUP cider vinegar; 2 TABLESPOONS coarse Dijon mustard; 1 TABLESPOON brown sugar; 6 CUPS shredded green cabbage (about 1 pound); 2 CUPS shredded carrots. Add salt and freshly ground black pepper to taste.

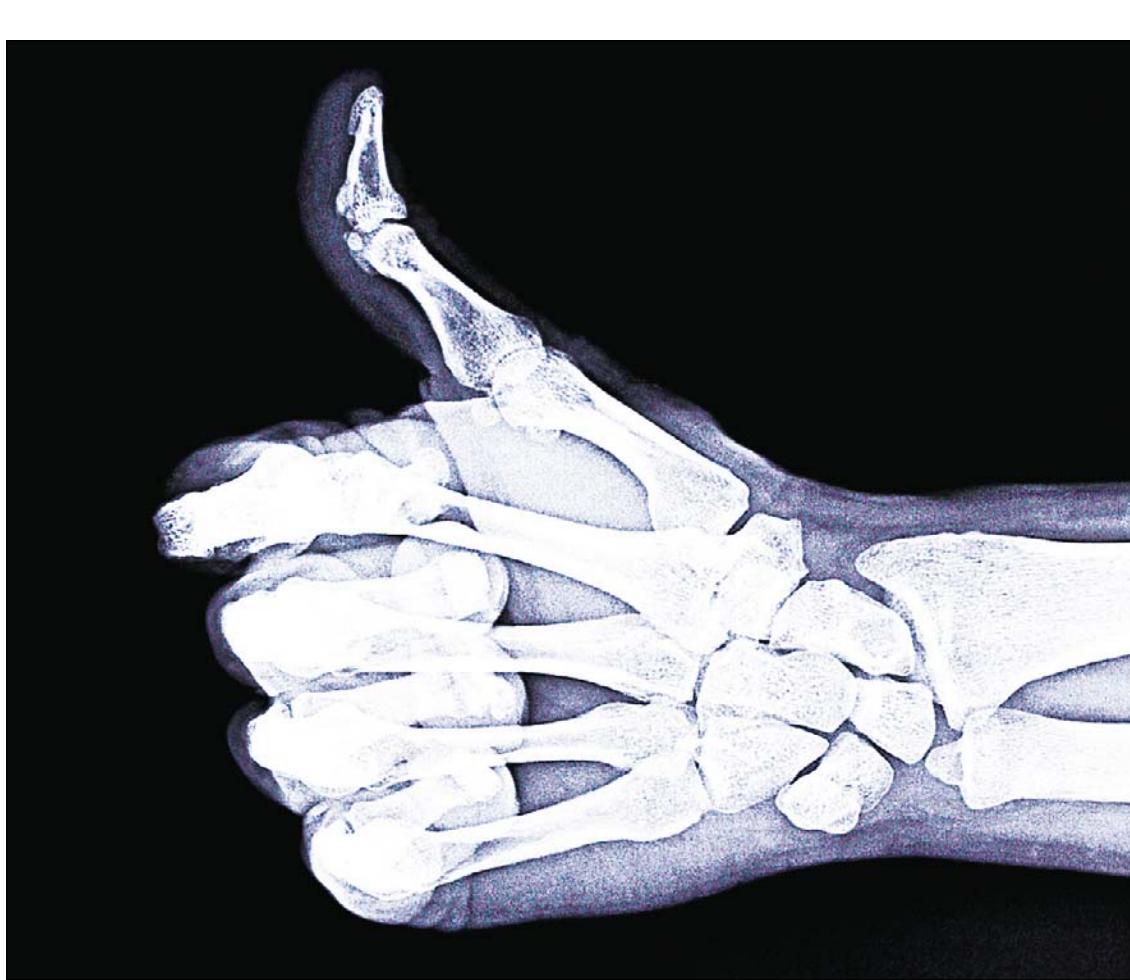
IN A LARGE NONSTICK SKILLET with a lid, heat oil over medium-high. Add the corned beef and sauté, stirring often, until lightly browned, about 2 minutes. Add the water, vinegar, mustard and brown sugar. Stir to combine. Add the cabbage



and carrots and reduce heat to medium-low. Cover and simmer, stirring occasionally, until the vegetables are very tender, 15 to 20 minutes. Check the vegetables midway through and add more water if necessary. Season with salt and pepper before serving. (AP)

PER SERVING: 109 calories, 4g fat (1g saturated), 16mg cholesterol, 11g carbs, 7g protein, 3g fiber, 532mg sodium

Nutrition | fit



GETTY IMAGES

Build Bones of Steel

Milk does a body good, but it takes a bit more to fully fortify your frame

We've been hit over the head with the idea that calcium builds healthy bones. And yes, getting the RDA of 1,000 milligrams of the mineral does help keep your skeleton from collapsing like a cheap beach chair.

But there's more to the story: Scientists are discovering that other vitamins and minerals are also important in keeping us fracture-free, both now and down the road. To reinforce your infrastructure, fill up on foods packed with these nutrients.

Vitamin D

This fat-soluble vitamin is clutch — your bones can't absorb calcium as well without it. We've known that: In the Nurses' Health Study II, a classic study of 116,646 women, those who got more than 500 international units (IU) a day had a 40 percent lower risk of hip fracture

than those who got less.

The latest news: Most experts think the current goal of 200 IU for young women falls short; shoot for at least 400 IU, says Felicia Cosman, clinical director of the National Osteoporosis Foundation.

→ GREAT SOURCES

- 3.5 oz salmon = 360 IU
- 1.75 oz sardines = 250 IU
- 4 oz shrimp = 172 IU
- 8 oz D-fortified milk and orange juice = 100 IU

Vitamin K

You don't hear much about vitamin K, but it may be ready for its Rihanna-like breakout year. Though vitamin K isn't a direct bone-builder, it does enable certain bone forming proteins to do their job, says Sarah Booth, director of the Vitamin K Laboratory at Tufts University in Boston. In the esteemed Framingham Heart Study, people who consumed 250 micrograms a day had a lower risk of hip fracture than those who got 55 micrograms. Aim for 90 to 120

micrograms per day.

→ GREAT SOURCES

- 1 cup kale = 547 mcg
- 1 cup broccoli = 420 mcg
- 1 cup Swiss chard = 299 mcg
- 1 cup spinach = 120 mcg

Potassium

It's already linked to lower blood pressure, and now, a recent study has found, potassium may also neutralize acids that suck calcium out of the body, making it a skeleton saver, too. Women who took potassium citrate supplements increased their spine and hipbone mineral density by 1 percent in a year (that may not sound like a big deal, but it's a home run in the research world). Experts aren't recommending supplements, so stick with food to get the daily RDA of 4,700 milligrams.

→ GREAT SOURCES

- 1 sweet potato = 694 mg
- 1 white potato with skin = 610 mg
- 8 oz plain nonfat yogurt = 579 mg
- 1 medium-size banana = 422 mg

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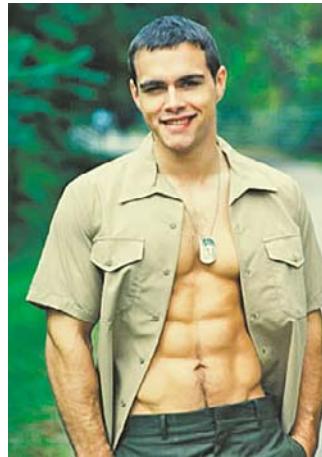
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THE PROBLEM: Dry strands

THE SOLUTION: Emollients They seal water into hair, making every strand plumper, softer, and more pliable. First identify the texture of your hair (oily hair feels greasy if you don't wash it every day; normal hair gets greasy after two days; and dry hair is hay-like and brittle), then choose a conditioner recommended for one level dryer than that. For example, if your hair is oily, choose a product for normal hair. Our pick: Aveda Damage Remedy Restructuring Conditioner (\$24 for 7 oz, Aveda.com). (REPRINTED WITH PERMISSION

WOMEN'S HEALTH MAGAZINE © RODALE INC.)

Cure for Tresses' Seasonal Stresses

Beat three common cold-weather woes with these quick tricks.

PROBLEM: Hat head

SOLUTION: Go to extremes

Next time you take off your woolly hat and wind up looking like Cyndi Lauper, know you have two options. 1) Pump up the volume. Go big by spraying a fine mist of volumizer on roots. Then flip your head over to work a dime-size dollop of cream wax to ends. Try Kiehl's Stylist Series Creative Cream Wax (\$15 for 1.75 oz, Kiehls.com). Or 2) Slick it back. Gather hair in a ponytail, grab flyaways, twist them together and secure with combs (or bobby pins for thin hair).

THE PROBLEM: Static attack

THE SOLUTION: Essential oils

Wash your hair with a shampoo that contains such essential oils as jojoba and peppermint like Malin+Goetz's Peppermint Hair Shampoo (\$20 for 8 oz, Malin andgoetz.com). The oil adds long-lasting moisture, boosting the odds that strands will stay smooth and sleek throughout the day. If you blow-dry your hair using a brush, try spraying the bristles with water beforehand to drown

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Executive Privileges

Want the best check-up? Don't forget to bring your checkbook

For busy people, time is money. And when you've got more money than time, the cost of an executive physical examination is kind of like the price of a yacht. If you have to ask, you can't afford it.

Tom Gilmore arrived at Good Samaritan Hospital in Los Angeles one Friday wearing a blue Nike warmup suit the hospital had sent. Priscilla Castillo, VIP patient service manager, was waiting at valet parking to escort him to a waiting room, where coffee, tea, juices, fresh fruit and yogurt were continually replenished.

But he didn't have to wait long. Soon he was escorted to an exam room, where the bathrobe he changed into was so plush and soft that he couldn't resist saying, "Wow, feel this. What do you think? Some sort of microfiber?" The slippers were just as comfortable, and they, along with the bathrobe and warmup suit, were his to keep. "For \$2,000, it better be mine," he says.

That's the cost, not covered by health insurance, of the most extensive physical examination Gilmore has ever had.

It's called an "executive physical," and Gilmore, a downtown real estate developer, was patient No. 1 at Good Samaritan's new program, which aims to market its preventive health services to corporate types. For years, such programs have quietly attracted those who can pay and want fast, excellent and comprehensive medical service.

"They cast a halo over the public image of the hospital and might attract more admissions from well-insured patients," says Alan Sager, professor of health policy and management at Boston University School of Public Health.

Some "boutique" medical practices offer equally comprehensive physicals. Such practices charge a flat annual fee, do not accept insurance and promise their patients quick appointments and plenty of time with the doctor.

But the full complement of state-



Developer Tom Gilmore prepares for his CT scan in his exclusive, fluffy bathrobe.

of-the-art testing and laboratory technology available at large hospitals isn't available under one roof at a boutique, or "concierge," medical practice. The emphasis with hospital-based executive exams is on a quick and painless in and out.

"We market specifically to affluent individuals who can pay the toll," says Dr. Scott Carstens,

medical director of the Scripps program. "We have corporations that provide it as a perk to their employees. But we have other individuals who are tired of being constrained by insurance companies and providers. They want an absolutely no-holds-barred review of how they're doing physically."

The exams emphasize thor-

oughness, efficiency, top-of-the-line technology and on-site laboratories to hurry results.

Gilmore, 55, had his blood drawn and his urine analyzed. He had an EKG to test for heart abnormalities; a chest X-ray for images of heart, lungs, airway and bones of the spine and chest; a carotid ultra-

“They want a no-holds-barred review of how they’re doing.”

sound to check for artery narrowing that could put him at risk for a stroke; a bone-density scan to check for early signs of osteoporosis; and a 64-slice CT scan to look for signs of calcium plaque on artery walls, early signs of heart disease. "That one-stop-shopping kind of exam brings all the results together in one place," Sager says. "This is one way of integrating across the chaos that many of us see in our health care."

By the time patients arrive, a team of physicians will have gone over their medical histories, filled out beforehand in 20-plus-page detail. The battery of tests will be based on broad medical guidelines, with a sharp eye on the individual's age, sex, family history, lifestyle and personal concerns.

"This is an ideal way of delivering preventive health care," Carstens says. "But, unfortunately, the costs involved are not for the masses."

Gilmore wrapped up his day by hearing that he should add weight-bearing exercise to his regular biking to build bone strength. Then he put on his warmup suit to await the valet.

SUSAN BRINK (LOS ANGELES TIMES)

STETHOSCOPE

SAFETY

Posing a Threat?

Most of those people lurking on the Internet who say they're teens? They're teens. Online sexual predators are more likely to let themselves be known as adults looking for a sexual encounter, reports a new study in American Psychologist. That means sites like MySpace (that have developed a reputation as dream destinations for pedophiles) may not be the hot spots for abuse that one might suspect. In only 5 percent of the crimes studied did Internet creeps actually pretend to be teenagers.



PREGNANCY

There Will Be Blood

Pushing a human being out of one's body is no more terrifying than it's been in the past, according to researchers at the University Hospital of Copenhagen. The Danish team found that the number of first-time moms who reported "a lot" of anxiety about their due date remained at 7.5 percent between 1997 and 2003, which counters the theory that C-sections are on the rise because women are freaked out by vaginal deliveries.

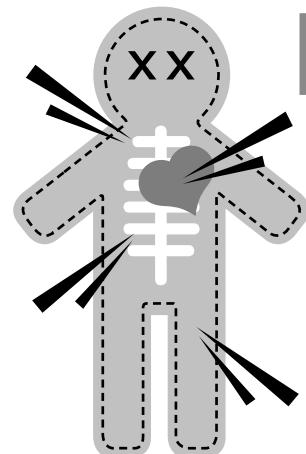
VIOLENCE

Wrestle the Remote

While we suspect that teenage fans of "Project Runway" are more fierce than their classmates, we know (thanks to the Southern Medical Journal) that the ones who tune in to TV wrestling are more likely to be violent, light up and have unprotected sex. The study doesn't prove that watching bodyslams is changing their behavior, but it's possible. With each extra viewing of wrestling, the chances a teen in the study had hurt someone with a weapon leapt up 19 percent.

hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T



Do you have a pounding heart, sweaty palms and rapid, shallow breathing? You may be reading **THE LITTLE BOOK OF PANDEMICS** by Peter Moore (\$15, Collins). The tiny tome will scare the daylights out of those unfamiliar with the specifics of ebola and SARS, but won't wow the true hypochondriac, who already knows everything about epidemiology's biggest players. There is a handful of irrational things to worry about, however. Rift Valley Fever, for example, is a mosquito-borne illness that causes seizures and hemorrhages. Or, even better, English Sweating Sickness, of which the last outbreak was in 1551. Got headaches and muscle pains? Well, at least you'll go fast—it felled its victims in 12 to 24 hours.

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